

# Daily Exercise Log

Participant's Name \_\_\_\_\_

Gym Club \_\_\_\_\_

Date Started \_\_\_\_\_

Week _____	Activities	#of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		
<b>GOALS</b>		

Week _____	Activities	#of Minutes or Pedometer Steps
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
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Thurs		
Fri		
Sat		
Sun		
<b>GOALS</b>		

Fitness and Nutritional Goals \_\_\_\_\_

\_\_\_\_\_



[www.usagym.org/fitness](http://www.usagym.org/fitness)