

My Physical Activity Log



<i>Week 1</i>	<i>Activity</i>	<i># of Minutes</i>	<i>Week 2</i>	<i>Activity</i>	<i># of Minutes</i>
Monday			Monday		
Tuesday			Tuesday		
Wednesday			Wednesday		
Thursday			Thursday		
Friday			Friday		
Saturday			Saturday		
Sunday			Sunday		

<i>Week 3</i>	<i>Activity</i>	<i># of Minutes</i>	<i>Week 4</i>	<i>Activity</i>	<i># of Minutes</i>
Monday			Monday		
Tuesday			Tuesday		
Wednesday			Wednesday		
Thursday			Thursday		
Friday			Friday		
Saturday			Saturday		
Sunday			Sunday		



<i>Week 5</i>	<i>Activity</i>	<i># of Minutes</i>	<i>Week 6</i>	<i>Activity</i>	<i># of Minutes</i>
Monday			Monday		
Tuesday			Tuesday		
Wednesday			Wednesday		
Thursday			Thursday		
Friday			Friday		
Saturday			Saturday		
Sunday			Sunday		

<i>Week 7</i>	<i>Activity</i>	<i># of Minutes</i>	<i>Week 8</i>	<i>Activity</i>	<i># of Minutes</i>
Monday			Monday		
Tuesday			Tuesday		
Wednesday			Wednesday		
Thursday			Thursday		
Friday			Friday		
Saturday			Saturday		
Sunday			Sunday		

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