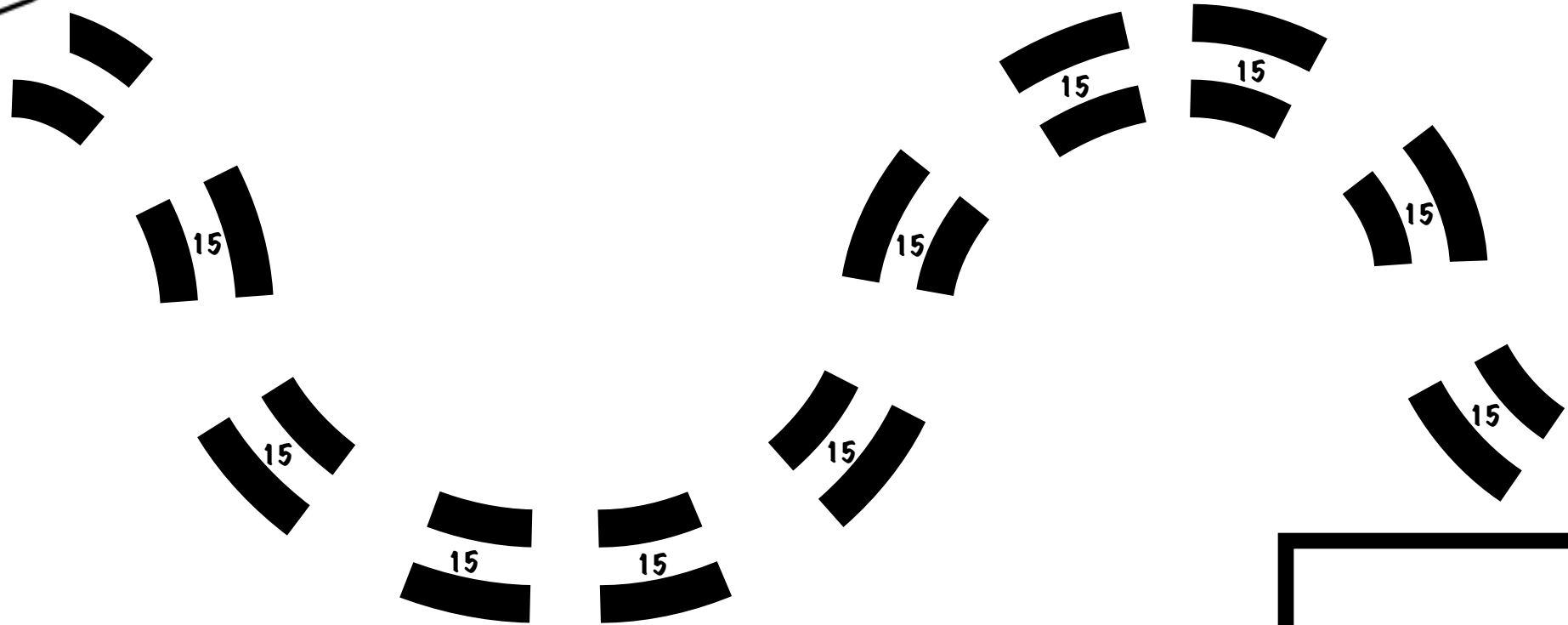




Exercise Log Sheet

Week _____



I exercised for _____ minutes this week!

GOAL! 😊