

Exercise Diary



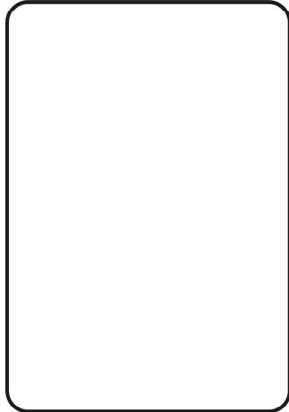
Name: _____

Monday

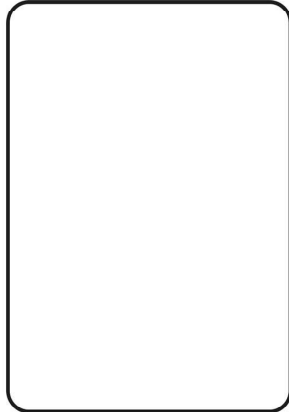
What was your favourite activity this week and why?

Tuesday

Friday



Sunday



Saturday

