

First Step – Exercise Journal

Use this Graph as a tool to track your exercise sessions. With a coloured pen or marker fill in the boxes, which represent days of the week you exercised in each category (strength, flexibility, aerobics) and the number of minutes spent in aerobic activity.

Strength Training	Strength Training	Strength Training	Strength Training																																																								
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Aerobic Exercise Time In Minutes	Aerobic Exercise Time In Minutes	Aerobic Exercise Time In Minutes	Aerobic Exercise Time In Minutes																												
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