

Wellness Works Exercise Log



Name _____

Date:	Type of Exercise <i>(i.e., walk, run, bike, weight train, aerobics etc....) 30-45 min. per day</i>	Date:	Type of Exercise <i>(i.e., walk, run, bike, weight train, aerobics etc....) 30-45 min. per day</i>
	1		31
	2		32
	3		33
	4		34
	5		35
	6		36
	7		37
	8		38
	9		39
	10		40
	11		41
	12		42
	13		43
	14		44
	15		45
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	30		

