Fitness Diary	,	Nam	Name:					
If you write down w now much you're ma	hen you exe inaging to f	ercise, and for how it in (our memorie	long, you'll l s can be trick	have a sense y!). Rememb	of accompli er, even as	shment – and a be little as 15 minute	tter idea of s counts!	
Date:	to	***************************************		Starting weight:				
	Time	Activity	Place	Calories	Time	Activity	Place	Calorie
Sunday								
Monday			***					
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Total time:			alories bui	rned:		Starting weig	ıht:	
And the second s	Time	Activity	Place	Calories	Time	Activity	Place	Calorie
Sunday		<del></del>				A. A. Letterm		
Monday								
Tuesday								
Wednesday						<u> </u>		
Thursday		. 4 4 4 4 4 4 4 4						1

Total time: \_\_\_\_\_ Total calories burned: \_\_\_\_\_

Friday

Saturday