



# October Fitness Log

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<u>For Activity:</u> <u>Write the</u> <u>exercise activity</u> <u>you did for each</u> <u>day</u>	<u>For Time:</u> <u>Write the</u> <u>amount of time</u> <u>you exercised</u>		<u>1</u> Activity:	<u>2</u> Activity:	<u>3</u> Activity:	<u>4</u> Activity:
<u>5</u> Activity:  Time:	<u>6</u> Activity:  Time:	<u>7</u> Activity:  Time:	<u>8</u> Activity:  Time:	<u>9</u> Activity:  Time:	<u>10</u> Activity:  Time:	<u>11</u> Activity:  Time:
<u>12</u> Activity:  Time:	<u>13</u> Activity:  Time:	<u>14</u> Activity:  Time:	<u>15</u> Activity:  Time:	<u>16</u> Activity:  Time:	<u>17</u> Activity:  Time:	<u>18</u> Activity:  Time:
<u>19</u> Activity:  Time:	<u>20</u> Activity:  Time:	<u>21</u> Activity:  Time:	<u>22</u> Activity:  Time:	<u>23</u> Activity:  Time:	<u>24</u> Activity:  Time:	<u>25</u> Activity:  Time:
<u>26</u> Activity:  Time:	<u>27</u> Activity:  Time:	<u>28</u> Activity:  Time:	<u>29</u> Activity:  Time:	<u>30</u> Activity:  Time:	<u>31</u> Activity:  Time:	<u>NOV. 1<sup>st</sup></u> <u>SEE YOU AT</u> <u>THE PARK</u> <u>FOR THE 2<sup>nd</sup></u> <u>WALK!!!</u>