My Exercise Log

Write down your exercises in the left column. You can use the numbers in 2 ways. 1) As the day of the month or 2) as how many days you've exercised. Write your reps (or time) under each number to keep track of your progress.

Exercise/Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Notes:

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