Month of May Exercise Log 

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Keep a record of all the physical activity and exercise you do each day for the month of May.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Week 1 |  |  |  |  |  |
| Week 2 |  |  |  |  |  |
| Week 3 |  |  |  |  |  |
| Week 4 |  |  |  |  |  |