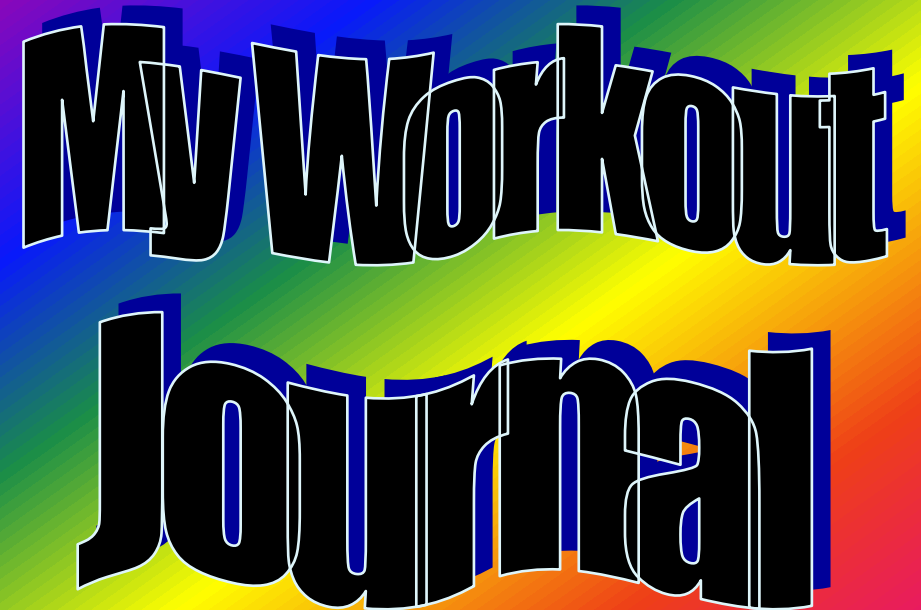




Remember:

- 30 minutes per day
- 3-5 times per week
- Drink Water
- Eat a Healthy Snack



# My Workout Journal

Name: \_\_\_\_\_



Date: 4/20/12 Time: 30 Mins  
Activities: Exercise is for  
Everybody

Date: \_\_\_\_\_ Time: \_\_\_\_\_  
Activities: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_  
Activities: \_\_\_\_\_

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Activities: \_\_\_\_\_

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Date: \_\_\_\_\_ Time: \_\_\_\_\_

Activities: \_\_\_\_\_

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Date: \_\_\_\_\_ Time: \_\_\_\_\_

Activities: \_\_\_\_\_

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Activities: \_\_\_\_\_

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Activities: \_\_\_\_\_

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Activities: \_\_\_\_\_

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Date: \_\_\_\_\_ Time: \_\_\_\_\_

Activities: \_\_\_\_\_

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Date: \_\_\_\_\_ Time: \_\_\_\_\_

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Activities: \_\_\_\_\_

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Activities: \_\_\_\_\_

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Date: \_\_\_\_\_ Time: \_\_\_\_\_

Activities: \_\_\_\_\_

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