

# EXERCISE CHART™

NAME:

WEEK OF:

**MONDAY**

ACTIVITIES:

POINTS:

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TOTAL:

**TUESDAY**

ACTIVITIES:

POINTS:

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TOTAL:

**WEDNESDAY**

ACTIVITIES:

POINTS:

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TOTAL:

**THURSDAY**

ACTIVITIES:

POINTS:

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TOTAL:

**FRIDAY**

ACTIVITIES:

POINTS:

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TOTAL:

**SATURDAY**

ACTIVITIES:

POINTS:

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TOTAL:

**SUNDAY**

ACTIVITIES:

POINTS:

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TOTAL:

