

EXERCISE CHART

NAME:

WEEK OF:

MONDAY

ACTIVITIES:

POINTS:

_____	_____
_____	_____
_____	_____
_____	_____

TOTAL:

TUESDAY

ACTIVITIES:

POINTS:

_____	_____
_____	_____
_____	_____
_____	_____

TOTAL:

WEDNESDAY

ACTIVITIES:

POINTS:

_____	_____
_____	_____
_____	_____
_____	_____

TOTAL:

THURSDAY

ACTIVITIES:

POINTS:

_____	_____
_____	_____
_____	_____
_____	_____

TOTAL:

FRIDAY

ACTIVITIES:

POINTS:

_____	_____
_____	_____
_____	_____
_____	_____

TOTAL:

SATURDAY

ACTIVITIES:

POINTS:

_____	_____
_____	_____
_____	_____
_____	_____

TOTAL:

SUNDAY

ACTIVITIES:

POINTS:

_____	_____
_____	_____
_____	_____
_____	_____

TOTAL: