Month of _____ Exercise Log **Name_____**

Week 1

Day	Exercise type	Time	Weight
M			
T			
W			
Th			
F			
Sa			
Su			

Week 2

Day	Exercise type	Time	Weight
M			
T			
W			
Th			
F			
Sa			
Su			

Start weight:	
End weight:	
Pounds lost:	

Week 3

Day	Exercise type	Time	Weight
M			
T			
W			
Th			
F			
Sa			
Su			

Week 4

Day	Exercise type	Time	Weight
M			
T			
W			
Th			
F			
Sa			
Su			

Notes: