



## July 2009 Exercise Log

Name: \_\_\_\_\_ FNAL ID #: \_\_\_\_\_

Extension: \_\_\_\_\_ email address: \_\_\_\_\_

Date	Day	Exercise/Activity	Minutes Spent
1	Wednesday		
2	Thursday		
3	Friday		
4	Saturday		
5	Sunday		
6	Monday		
7	Tuesday		
8	Wednesday		
9	Thursday		
10	Friday		
11	Saturday		
12	Sunday		
13	Monday		
14	Tuesday		
15	Wednesday		
16	Thursday		
17	Friday		
18	Saturday		
19	Sunday		
20	Monday		
21	Tuesday		
22	Wednesday		
23	Thursday		
24	Friday		
25	Saturday		
26	Sunday		
27	Monday		
28	Tuesday		
29	Wednesday		
30	Thursday		
31	Friday		