MEGKIY EXCICISE LOC	Weekly	Exercise	LOG
---------------------	--------	----------	-----

BP	
Weight	



DAY	CARDIO EXERCISES				WEIGHT EXERCISES				
Monday	Type of Exercise	Time	Distance	Intensity	Heart Rate	Targeted Muscles	Reps	Weight	Intensity
Tuesday	Type of Exercise	Time	Distance	Intensity	Heart Rate	Targeted Muscles	Reps	Weight	Intensity
Wednesday	Type of Exercise	Time	Distance	Intensity	Heart Rate	Targeted Muscles	Reps	Weight	Intensity
Thursday	Type of Exercise	Time	Distance	Intensity	Heart Rate	Targeted Muscles	Reps	Weight	Intensity
Friday	Type of Exercise	Time	Distance	Intensity	Heart Rate	Targeted Muscles	Reps	Weight	Intensity
Saturday	Type of Exercise	Time	Distance	Intensity	Heart Rate	Targeted Muscles	Reps	Weight	Intensity
Sunday	Type of Exercise	Time	Distance	Intensity	Heart Rate	Targeted Muscles	Reps	Weight	Intensity
					l				