Exercise Log

Use this log to keep track of your exercise activity.
It doesn't take long and will help you see how you are affected by daily exercise!

Date	**Type of Exercise**	**Time** (minutes)	**Distance** (miles)	**Exercise Intensity**	**Notes** (injuries, how the session felt, etc)
				Easy Medium Hard	
				Easy Medium Hard	
				Easy Medium Hard	
				Easy Medium Hard	
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