## My Exercise Achievement Record

Name $\qquad$ Week of $\qquad$

| Day of the Week | Exercise Done | Amount of Time |
| :---: | :--- | :--- |
| Sunday |  |  |
| Monday |  |  |
| Tuesday |  |  |
| Wednesday |  |  |
| Thursday |  |  |
| Friday |  |  |
| Saturday |  |  |

