

EXERCISE DIARY

WEEK 1:

	EXERCISE	HOW DID YOU GET ON?
4TH THURS DAY		
5TH FRI DAY		
6TH SATUR DAY	REST DAY!	
7TH SUN DAY		
8TH MON DAY		
9TH TUES DAY		
10TH WEDNES DAY		

EXERCISE DIARY

WEEK 2:

	EXERCISE	HOW DID YOU GET ON?
11TH THURS DAY		
12TH FRI DAY		
13TH SATUR DAY	REST DAY!	
14TH SUN DAY		
15TH MON DAY		
16TH TUES DAY		
17TH WEDNES DAY		

EXERCISE DIARY

WEEK 3:

	EXERCISE	HOW DID YOU GET ON?
18TH THURS DAY		
19TH FRI DAY		
20TH SATUR DAY	REST DAY!	
21ST SUN DAY		
22ND MON DAY		
23RD TUES DAY		
24TH WEDNES DAY		

EXERCISE DIARY

WEEK 4:

	EXERCISE	HOW DID YOU GET ON?
25TH THURS DAY		
26TH FRI DAY		
27TH SATUR DAY	REST DAY!	
28TH SUN DAY		
29TH MON DAY		
30TH TUES DAY		
31ST WEDNES DAY		

EXERCISE DIARY

WEEK 5:

	EXERCISE	HOW DID YOU GET ON?
1ST THURS DAY		
2ND FRI DAY		
3RD SATUR DAY	REST DAY!	
4TH SUN DAY		
5TH MON DAY		
6TH TUES DAY		
7TH WEDNES DAY		

EXERCISE DIARY

WEEK 6:

	EXERCISE	HOW DID YOU GET ON?
8TH THURS DAY		
9TH FRI DAY		
10TH SATUR DAY	REST DAY!	
11TH SUN DAY		
12TH MON DAY		
13TH TUES DAY		
14TH WEDNES DAY		

EXERCISE DIARY

WEEK 7:

	EXERCISE	HOW DID YOU GET ON?
15TH THURS DAY		
16TH FRI DAY		
17TH SATUR DAY	5K DAY!	
18TH SUN DAY	REST DAY!	
19TH MON DAY		
20TH TUES DAY		
21ST WEDNES DAY		

EXERCISE DIARY

WEEK 8:

	EXERCISE	HOW DID YOU GET ON?
22ND THURS DAY		
23RD FRI DAY		
24TH SATUR DAY	REST DAY!	
25TH SUN DAY		
26TH MON DAY		
27TH TUES DAY		
28TH WEDNES DAY		