



THE FITNESS CENTER

Sports • Fitness • Wellness

504 Sixth Ave. NW

New Prague, MN 56071

952.758.8199

www.NewPragueFitnessCenter.com

Exercise Log

| DAY 1 Date: __/__/__ | | | | DAY 2 Date: __/__/__ | | | |
|--|----------|----------|----------|-------------------------------|----------|----------|----------|
| Exercise | Lbs/Reps | Lbs/Reps | Lbs/Reps | Exercise | Lbs/Reps | Lbs/Reps | Lbs/Reps |
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| Type: AEROBIC EXERCISE | | | | Type: AEROBIC EXERCISE | | | |
| Minutes: | | | | Minutes: | | | |
| Heart Rate: | | | | Heart Rate: | | | |
| Pedometer Steps: | | | | Pedometer Steps: | | | |
| Things that got in the way of my routine | | | | | | | |
| Ideas to keep this from happening again | | | | | | | |
| DAY 3 Date: __/__/__ | | | | DAY 4 Date: __/__/__ | | | |
| Exercise | Lbs/Reps | Lbs/Reps | Lbs/Reps | Exercise | Lbs/Reps | Lbs/Reps | Lbs/Reps |
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| Type: AEROBIC EXERCISE | | | | Type: AEROBIC EXERCISE | | | |
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| Heart Rate: | | | | Heart Rate: | | | |
| Pedometer Steps: | | | | Pedometer Steps: | | | |
| Things that got in the way of my routine | | | | | | | |
| Ideas to keep this from happening again | | | | | | | |