

Exercise Diary

From *We're Killing Our Kids: How to End the Epidemic of Overweight & Sedentary Children*
by Todd Hollander. Available at www.worthypress.com and major online booksellers.

Name _____

Month _____

Week 1	Sun	Mon	Tues	Wed	Thu	Fri	Sat
Goal							
Actual							

Week 2	Sun	Mon	Tues	Wed	Thu	Fri	Sat
Goal							
Actual							

Week 3	Sun	Mon	Tues	Wed	Thu	Fri	Sat
Goal							
Actual							

Week 4	Sun	Mon	Tues	Wed	Thu	Fri	Sat
Goal							
Actual							

Week 5	Sun	Mon	Tues	Wed	Thu	Fri	Sat
Goal							
Actual							