Curves®

# EXERCISE CHART

Keep a record of weekly exercise. Each day place an X in the box for each ten minutes of exercise performed. Write the type of exercise and how much energy you felt afterward, on a scale of 1 to 5, with 5 being the highest.

| Week # | Day or Date | Minutes per day Each box = 10 minutes | | | | | | | Type of Exercise | Post Exercise Energy Level 1 to 5 (most) |
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