

DAILY EXERCISE CONSISTENCY

MONTH: _____ GOAL: _____ DAYS/WEEK

DAY	ACTIVITY / WORKOUT	TIME	EFFORT	COMPLETED
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Mon

Tue

Wed

Thu

Fri

Sat

Sun

Mon

Tue

Wed

Thu

DAY	ACTIVITY / WORKOUT	TIME	EFFORT	COMPLETED
Fri				
Sat				
Sun				

WEEKLY REFLECTION & NOTES