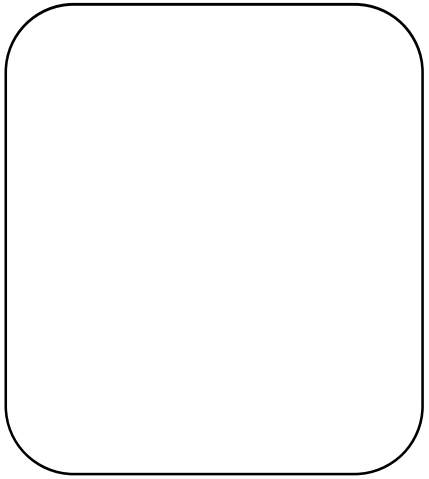
Exercise Diary

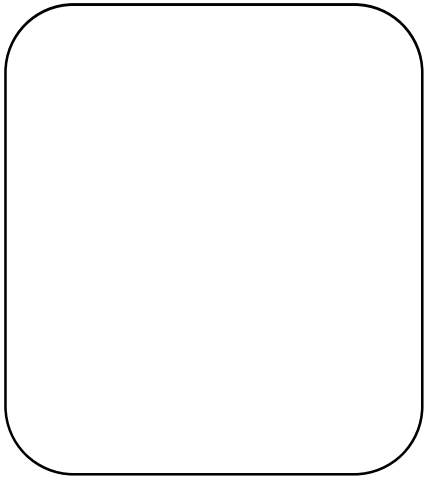


Name:_____

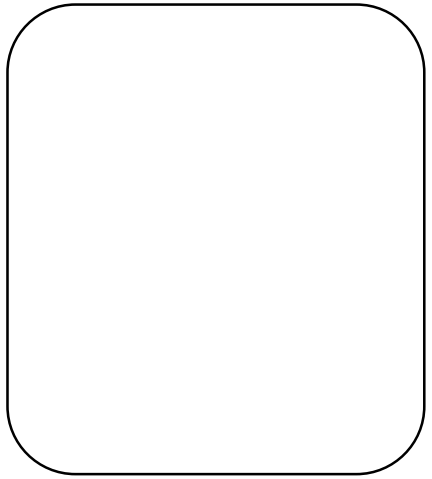
Monday



Tuesday

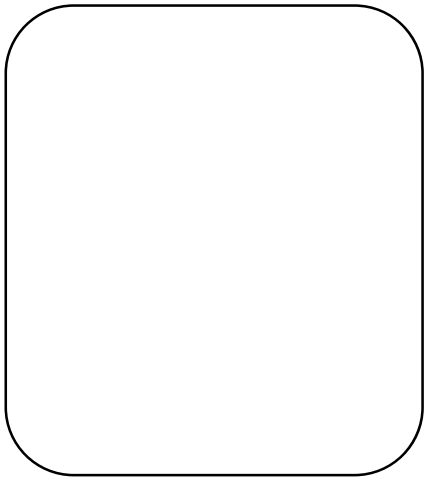


Sunday

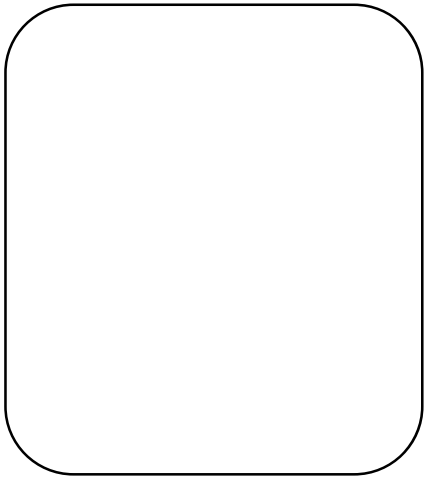


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Friday



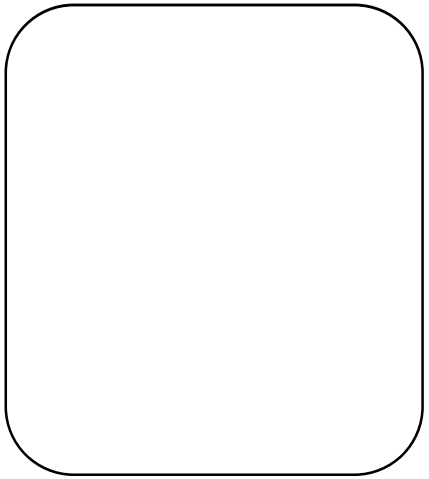
Saturday



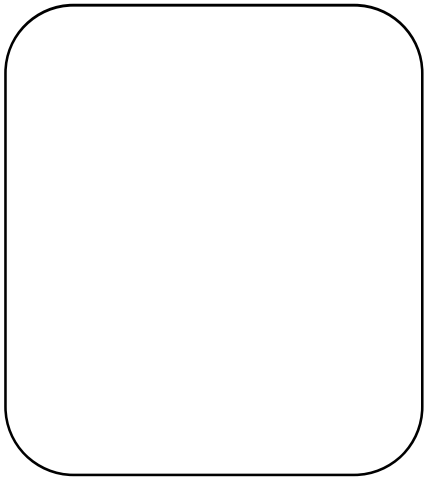
What was your favourite activity this week and why?

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Wednesday



Thursday



What was your least favourite activity this week and why?

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