

My Exercise Diary

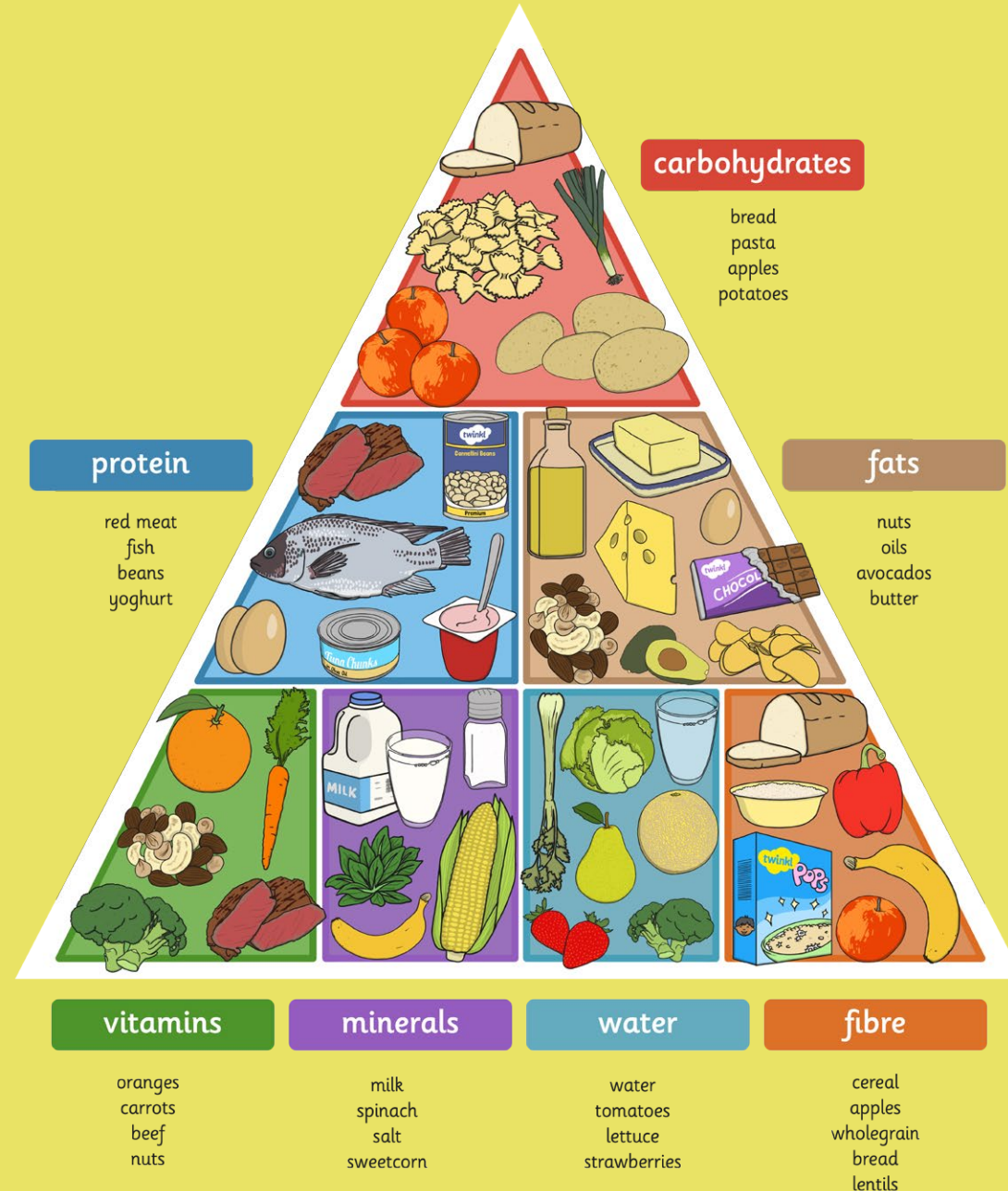


Sunday

Draw or write what exercise you did today

morning	
afternoon	
evening	

Types of Nutrients



Monday

Draw or write what exercise you did today

before
school

during
school

after
school

Saturday

Draw or write what exercise you did today

morning

afternoon

evening

Friday

Draw or write what exercise you did today

before
school

during
school

after
school

Tuesday

Draw or write what exercise you did today

morning

afternoon

evening

Wednesday

Draw or write what exercise you did today

before
school

during
school

after
school

Thursday

Draw or write what exercise you did today

morning

afternoon

evening