contour™

EXERCISE JOURNAL

DATE: _____

CARDIOVASCULAR			
EXERCISE	SPEED/DISTANCE/TIME	HEART RATE	CALORIES
Stationary Upright Bike			
Recumbant Bike			
Treadmill			
Elliptical			
Stair Climber			
Rowing			
Inline Skating			
Walking			
Other			

STRENGTH TRAINING					
EXERCISE	SET 1	SET2	SET 3	SET 4	SET 5
	REPS/WT	REPS/WT	REPS/WT	REPS/WT	REPS/WT

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