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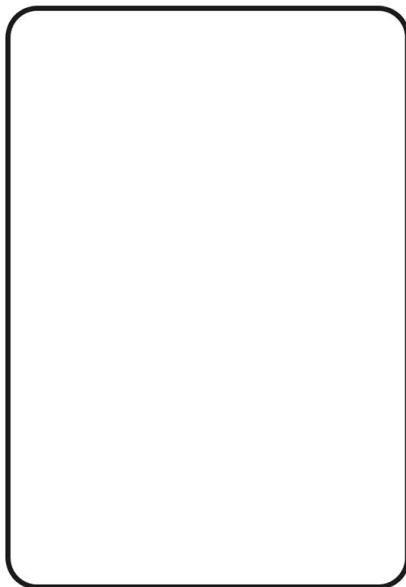
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Exercise Diary

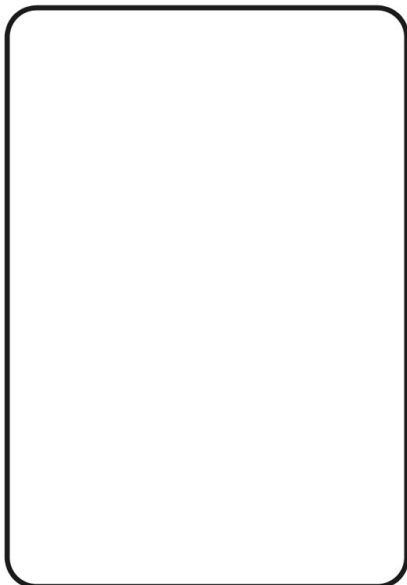


Name: _____

Monday

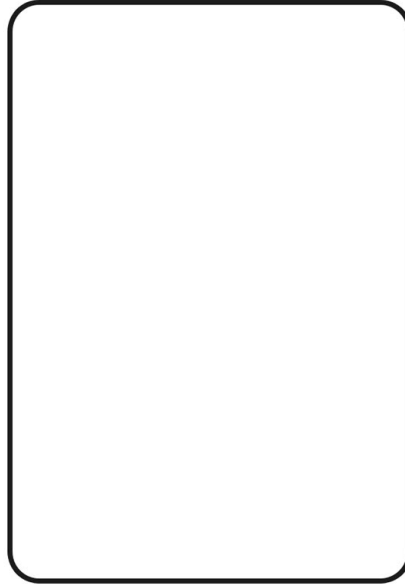


Tuesday

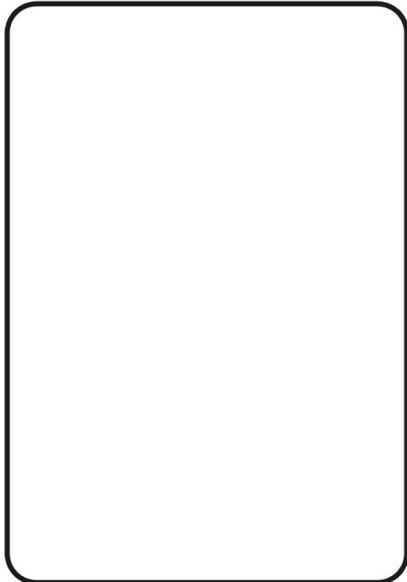


What was your favourite activity this week and why?

Wednesday



Thursday



What was your least favourite activity this week and why?

Friday

Sunday

Saturday