**Exercise Diary** \*Remember to warm up and cool down

Record your weekly exercise session details:

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Day** | **Date** | **Location Indoor or outdoor** | **Time of Day** | **Resting  HR** | **Type of Exercise**  Walking/ Equipment / Speed / Distance/ Incline /  Level / Number of Steps | **Exercise Time**  (minutes) | **RPE** | **Heart Rate** |
| **Day 1** |  |  |  |  |  |  |  |  |
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| **Day 2** |  |  |  |  |  |  |  |  |
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| **Day 3** |  |  |  |  |  |  |  |  |
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| **Day 4** |  |  |  |  |  |  |  |  |
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| **Day 5** |  |  |  |  |  |  |  |  |
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| **Day 6** |  |  |  |  |  |  |  |  |
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| **Day 7** |  |  |  |  |  |  |  |  |
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