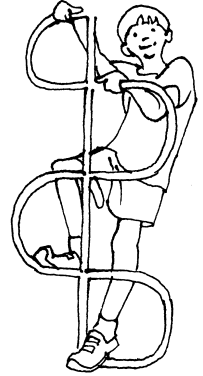


Keep an exercise diary.  
Draw or write what you  
do each day.



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday