# EXERCISE LOG

Track your exercise and fitness progress

Maintain Fit

Exercise Log

*Goal:*

*Difficulty:* A value between 1 and 10, with 1 being easy and 10 being the most difficult

| *Date* | *Exercise Name* | *Difficulty* | *Time* | *Distance* | *Other Details* | *Calories* |
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| **Totals/Averages** | | | | | | |

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