Exercise Record

	DATE	EXERCISE LEVEL	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
EX:	6/7 - 6/27	beginning stretch	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓

DATE	EXERCISE LEVEL	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S