the *fitness cult*

by Kailey Vieweg Rodriguez

making fitness a lifestyle

Exercise Log

Week of: _____

Day	Time of Day	Exercise Type	Exercise Duration	Pre-Exercise Mood	Post-Exercise Thoughts
www.the-fitness-cult.com					

Water Drank															www.the-fitness-cult.com
8oz	16oz	24oz	32oz	40oz	48oz	56oz	64oz	72oz	80oz	88oz	96oz	104oz	112oz	120oz	1 gallon

Additional Thoughts