



My Exercise Recorder

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date:							
Exercise:							
Time of Day:							
How I felt while exercising today:							
Length of exercise:	<i>Goal</i> <i>Actual</i>	<i>Goal</i> <i>Actual</i>	<i>Goal</i> <i>Actual</i>	<i>Goal</i> <i>Actual</i>	<i>Goal</i> <i>Actual</i>	<i>Goal</i> <i>Actual</i>	<i>Goal</i> <i>Actual</i>
Snack:							
Blood sugar test:	<i>Before</i> <i>During</i> <i>After</i>	<i>Before</i> <i>During</i> <i>After</i>	<i>Before</i> <i>During</i> <i>After</i>	<i>Before</i> <i>During</i> <i>After</i>	<i>Before</i> <i>During</i> <i>After</i>	<i>Before</i> <i>During</i> <i>After</i>	<i>Before</i> <i>During</i> <i>After</i>

