|  |  |  |  |
| --- | --- | --- | --- |
| Day | What exercise do I do? | Minutes | Do I get 60 minutes? |
| Monday |  |  |  |
| Tuesday |  |  |  |
| Wednesday |  |  |  |
| Thursday |  |  |  |
| Friday |  |  |  |
| Saturday |  |  |  |
| Sunday |  |  |  |

How much exercise do I do?

Total minutes of exercise

