Weekly Water and Exercise Log

Week:	Water Goal:	Exercise Goal:
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

Weekly	Water and Exercise Log	
		6

Week:	Water Goal:	Exercise Goal:
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

Notes:

Weekly Water and Exercise Log



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Notes:

Weekly Water and Exercise Log



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