My Monthly Exercise Log

Month/Year:	
My goal:	(e.g., "I want to walk briskly 5 times per week for 30 minutes")
My plan for bad weather days:	(e.g., "I will walk 8 laps around the interior of The Home Depot)
My top 3 replies to my tricky brain:	(e.g., "Walking gives me energy")
	(e.g., "I have never regretted going out and getting exercise")
	(e.g., "Exercise is the thing I need most when I want it the least"

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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