

EXERCISE

WEEK & DAY	TICK WHEN 30 MINUTES' EXERCISE COMPLETED	TYPE OF EXERCISE	NO. OF MINUTES' EXTRA EXERCISE (IF ANY)	TYPE OF EXERCISE
1.1				
1.2				
1.3				
1.4				
1.5				
1.6				
1.7				
2.1				
2.2				
2.3				
2.4				
2.5				
2.6				
2.7				
3.1				
3.2				
3.3				
3.4				
3.5				
3.6				
3.7				
4.1				
4.2				
4.3				
4.4				
4.5				
4.6				
4.7				