# EXERCISE TRACKER

| DATE | DAY | EXERCISE | DURATION | SET | REPs |
|---|---|---|---|---|---|
| 14-Feb-18 | MONDAY | WALK | 45 MIN | | |
| 15-Feb-18 | TUESDAY | STOMACH EXERCISE | 20 MIN | 2 SET | 10 EACH |
| 16-Feb-18 | WEDNESDAY | LEGS | 10 MIN | 3 SET | 10 EACH |
| 17-Feb-18 | THURSDAY | HANDS | 20 MIN | 5 SET | 20 EACH |
| 18-Feb-18 | FRIDAY | WINGS | 20 MIN | 3 SET | 15 EACH |
| 19-Feb-18 | SATURDAY | | | | |
| 20-Feb-18 | SUNDAY | | | | |
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**DEMO PAGE**

# EXERCISE TRACKER

| DATE | DAY | EXERCISE | DURATION | SET | REPs |
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