

# BusyFit

## Weekly Exercise Tracker

Exercise Time		
Daily Goal	HRS	MIN

MON.		BusyFit Video	Time	HRS	MIN
MO.	DATE				
		Other Activity (Run, Bike, etc.)			

TUES.		BusyFit Video	Time	HRS	MIN
MO.	DATE				
		Other Activity (Run, Bike, etc.)			

WED.		BusyFit Video	Time	HRS	MIN
MO.	DATE				
		Other Activity (Run, Bike, etc.)			

THUR.		BusyFit Video	Time	HRS	MIN
MO.	DATE				
		Other Activity (Run, Bike, etc.)			

FRI.		BusyFit Video	Time	HRS	MIN
MO.	DATE				
		Other Activity (Run, Bike, etc.)			

SAT.		BusyFit Video	Time	HRS	MIN
MO.	DATE				
		Other Activity (Run, Bike, etc.)			

SUN.		BusyFit Video	Time	HRS	MIN
MO.	DATE				
		Other Activity (Run, Bike, etc.)			

Total	HRS	MIN

