

Month \_\_\_\_\_

# GRASP Exercise Log

Date	Sun	Mon	Tue	Wed	Thur	Fri	Sat
	Exercise Time	_____ mins	_____ mins	_____ mins	_____ mins	_____ mins	_____ mins
Unexpected Event							
Date	Sun	Mon	Tue	Wed	Thur	Fri	Sat
	Exercise Time	_____ mins	_____ mins	_____ mins	_____ mins	_____ mins	_____ mins
Unexpected Event							
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	Exercise Time	_____ mins	_____ mins	_____ mins	_____ mins	_____ mins	_____ mins
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