




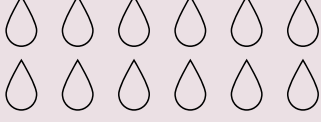


# Joyful & Thriving Exercise Tracker

Week of: \_\_\_\_\_

	<i>Type &amp; Amount of Exercise</i>	<i>Water Intake</i>
<i>MON</i>		
<i>TUE</i>		
<i>WED</i>		
<i>THU</i>		
<i>FRI</i>		
<i>SAT</i>		
<i>SUN</i>		