

## HOMEWORK SHEET

MON	TUE	WED	THUR	FRI	SAT	SUN
MON	TUE	WED	THUR	FRI	SAT	SUN
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Include:

- The time you exercised (ie. 7am-8am)
- The type of exercise completed (ie. Walk)
- The duration of the exercise (ie. 1 hour)
- The intensity of your exercise (ie. Average HR or RPE scale 1-10 with 1 being very light and 10 being very very heavy)