

## EXERCISE LOG SHEET

DUE FIRST WORK DAY OF EVERY MONTH TO:  
 KAYLA ALLEN (KAYLA@COOKEVILLE-TN.ORG, 526-7393), CANE CREEK  
 REC CENTER OR LEISURE SERVICES ADMINISTRATIVE OFFICE AT CITY  
 HALL

NAME \_\_\_\_\_

MONTH \_\_\_\_\_

	<u>DATE</u>	<u>ACTMITY</u>	<u>LOCATION</u>	<u>TIME STARTED</u>	<u>TIME ENDED</u>	<u>LENGTH OF TIME</u>
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
					<b>TOTAL</b>	