



Christ the King Medical Center
 3531 – 3533 Highway 81 South
 Loganville, GA 30052
 Phone: (770) 554-8015 Fax: (770) 554-8042

PATIENT NAME: _____

PLEASE BRING THIS LOG TO YOUR NEXT APPOINTMENT

Exercise Log

Mon:	Tues:	Wed:	Thurs:	Fri:	Sat:	Sun:
DATE _____	DATE _____	DATE _____	DATE _____	DATE _____	DATE _____	DATE _____
Activity _____	Activity _____	Activity _____	Activity _____	Activity _____	Activity _____	Activity _____
Duration _____	Duration _____	Duration _____	Duration _____	Duration _____	Duration _____	Duration _____
Mon:	Tues:	Wed:	Thurs:	Fri:	Sat:	Sun:
DATE _____	DATE _____	DATE _____	DATE _____	DATE _____	DATE _____	DATE _____
Activity _____	Activity _____	Activity _____	Activity _____	Activity _____	Activity _____	Activity _____
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