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| Date | Time | Exercises Completed | How did you feel during the activities? |
| **EXAMPLE**  April 17th | 1:00pm | Word of the Day Workout – push ups, jumping jacks, sit ups | My legs were tired after jumping jacks, but it was fun. My heart was beating fast |
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* **Please document your daily physical activity in the chart below! Include your word of the day workout and any walking, biking, running or other physical activity you do!**