



Exercise Advent Calendar



Each day you record the time it takes to do the exercise for that day PLUS all previous days. Eg on Dec 12 you will complete exercises from day 1,2,3,4,5,6,7,8,9,10,11, & 12!

EXERCISE	DAY	TIME	ACTIVITY	DAY	TIME
	1			13	
	2			14	
	3			15	
	4			16	
	5			17	
	6			18	
	7			19	
	8			20	
	9			21	
	10			22	
	11			23	
	12			24	