Weekly Burns Exercise Tracker

Week Commencing

_____

My Exercise Goals for the Week **Achieved ☑**

1. _____ ☐
2. _____ ☐
3. _____ ☐

Exercise or Activity (include weights / reps)	Monday Date _____	Tuesday Date _____	Wednesday Date _____	Thursday Date _____	Friday Date _____	Saturday Date _____	Sunday Date _____

Exercise or Activity (include weights / reps)	Monday Date _____	Tuesday Date _____	Wednesday Date _____	Thursday Date _____	Friday Date _____	Saturday Date _____	Sunday Date _____

Scan this QR code for more information on our website