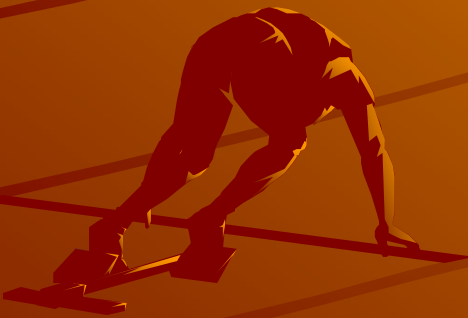


Daily Exercise Logging

Professional & Personal Wellness has used motivational programs as an opportunity for change in clients seeking health and wellness goals. Our website now offers a device used to log your exercise and activities. On this log you can include the date, the hours/minutes/miles/or steps you exercised, what activity you did (bike, run, kayak, etc.), your weight, and any comments you might make about the activity you did such as level of exertion. The diagram below is the logging device used inside our website.



Date:

Time:

Miles (Opt):

Weight (Opt):

Activity (Opt):

Comments: