## Exercise Log

Floyd Oliver
Name:
Physician's Name: Dr. Katie Ogans

Week 1
Date: March 27, 2023 to: April 2, 2023

| Date/Day and Time | Type of Exercise | Distance/Duration/ntensity | Other: Hours of Sleep Night Before Workout | Other: |
| :---: | :---: | :---: | :---: | :---: |
| Monday | Running | 4.4 km | 8 hours |  |
| Wednesday | Strength Training | 30 minutes | 6 hours |  |
| Friday | Pilates | 45 minutes | 7 hours and 30 minutes |  |
| Sunday | Yoga | 1 hour | 9 hours |  |
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## Notes:

Feel free to write down anything that may have affected your workout this week or the effect of working out this week.
Work has been taking most of my sleep time. Running is exhausting and I had to take a nap which left me feeling refreshed.

Week 2
Date: April 3, 2023 to: April 9, 2023

| Date/Day and Time | Type of Exercise | Distance/Duration/ntensity | Other: Husur of S Slepe Betore Worout | Other: Biod Pressur e eaco worout |
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| April 4, 2023 | Running | 3.9 km | 9 hours | 100/79 |
| Apri 6, 2023 | Dance Cardio | 1 hour | 7 hours | 116/75 |
| April 8, 2023 | Strength Training | 30 minutes | 6 hours an 15 minutes | 110/68 |
| April 9, 2023 | Pilates | 45 minutes | 5 hours | 95/75 |
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Notes:
Feel free to write down anything that may have affected your workout this week or the effect of working out this week.
Sleeping more than 6 hours a night helps in reducing dizziness during my workout.

Week 3

Date: $\qquad$ to: $\qquad$

| Date/Day and Time | Type of Exercise | Distance/Duration/Intensity | Other: | Other: |
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## Notes:

Feel free to write down anything that may have affected your workout this week or the effect of working out this week.

## Week 4

## Date:

 to:| Date/Day and Time | Type of Exercise | Distance/Duration/Intensity | Other: | Other: |
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## Notes:

Feel free to write down anything that may have affected your workout this week or the effect of working out this week.

Week 5
Date: $\qquad$ to: $\qquad$

| Date/Day and Time | Type of Exercise | Distance/Duration/Intensity | Other: | Other: |
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## Notes:

Feel free to write down anything that may have affected your workout this week or the effect of working out this week.

