10-YEAR ACTIVITY CHART

STRENGTH											Average
Jan											
Feb											
Mar											
Apr											
May											
Jun											
July											
Aug											
Sep											
Oct											
Nov											
Dec											
Total											
Monthly Average											
Weekly Average											
Daily Average											

AEROBIC											Average
Jan											
Feb											
Mar											
Apr											
May											
Jun											
July											
Aug											
Sep											
Oct											
Nov											
Dec											
Total											
Monthly Average											
Weekly Average											
Daily Average											