



HOLY ANGEL
UNIVERSITY

PHYSICAL ACTIVITY LOG



DAY 1: August 14, 2024

Exercise/Activity

Space Shuttle

Duration/Time

30 mins





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PHYSICAL ACTIVITY LOG



DAY 2: August 15, 2024

Exercise/Activity	Duration/Time
Plank	1 min
Squat	7 mins
Russian Twist	6 mins
Mountain Climber	5 mins
Leg Raise	5 mins
Shoulder Tap	6 mins





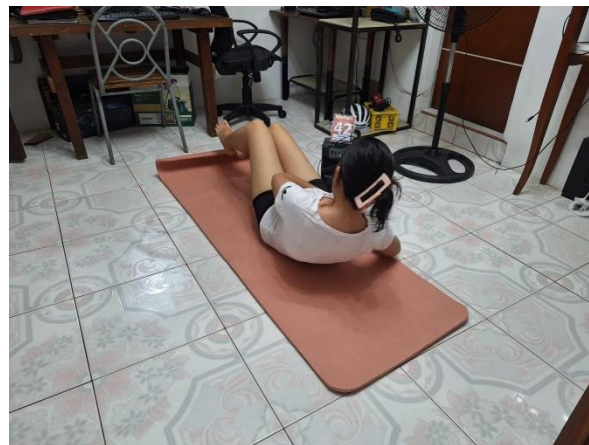
HOLY ANGEL
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PHYSICAL ACTIVITY LOG



DAY 3: August 16, 2024

Exercise/Activity	Duration/Time
Plank	1 min
Squat	7 mins
Russian Twist	6 mins
Mountain Climber	5 mins
Leg Raise	5 mins
Shoulder Tap	6 mins





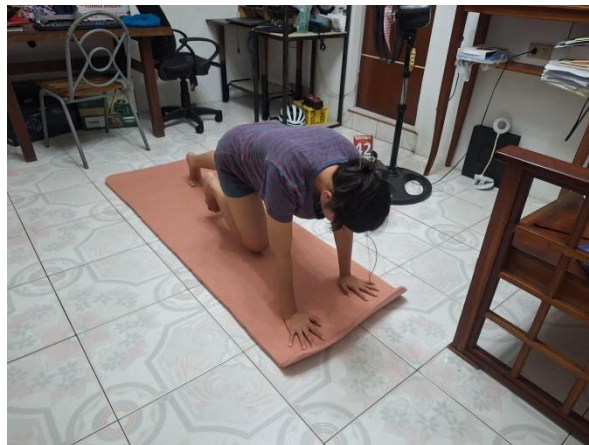
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PHYSICAL ACTIVITY LOG



DAY 4: August 17, 2024

Exercise/Activity	Duration/Time
Plank	1 min
Squat	7 mins
Russian Twist	6 mins
Mountain Climber	5 mins
Leg Raise	5 mins
Shoulder Tap	6 mins





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DAY 5: August 18, 2024

Exercise/Activity	Duration/Time
Plank	1 min
Squat	7 mins
Russian Twist	6 mins
Mountain Climber	5 mins
Leg Raise	5 mins
Shoulder Tap	6 mins





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PHYSICAL ACTIVITY LOG



SUMMARY

Duration / Time	
Day 1	30 mins
Day 2	30 mins
Day 3	30 mins
Day 4	30 mins
Day 5	30 mins
Total	150 mins