

Early Career Exercises Log: Month of \_\_\_\_\_

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>EM</b> 5 minutes		n/a		n/a	
<b>V</b> 5 minutes		n/a		n/a	
<b>F</b> 5 minutes		n/a		n/a	
<b>P</b> 5 minutes		n/a		n/a	
<b>EH</b> 10 minutes	n/a		n/a		n/a
<b>ME</b> 10 Minutes	n/a		n/a		n/a

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>EM</b> 5 minutes		n/a		n/a	
<b>V</b> 5 minutes		n/a		n/a	
<b>F</b> 5 minutes		n/a		n/a	
<b>P</b> 5 minutes		n/a		n/a	
<b>EH</b> 10 minutes	n/a		n/a		n/a
<b>ME</b> 10 Minutes	n/a		n/a		n/a

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>EM</b> 5 minutes		n/a		n/a	
<b>V</b> 5 minutes		n/a		n/a	
<b>F</b> 5 minutes		n/a		n/a	
<b>P</b> 5 minutes		n/a		n/a	
<b>EH</b> 10 minutes	n/a		n/a		n/a
<b>ME</b> 10 Minutes	n/a		n/a		n/a

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>EM</b> 5 minutes		n/a		n/a	
<b>V</b> 5 minutes		n/a		n/a	
<b>F</b> 5 minutes		n/a		n/a	
<b>P</b> 5 minutes		n/a		n/a	
<b>EH</b> 10 minutes	n/a		n/a		n/a
<b>ME</b> 10 Minutes	n/a		n/a		n/a