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| **Activity Log Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period\_\_\_\_\_\_\_\_** | | | |
|  | | | |
| **Date** | | **Activity Description** | **Actual Time Spent** | **Calories Burned** | |
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|  | **Day 1** | **Day 2** | **Day 3** | **Total** | **Average** |
| **Breakfast** |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |
| **Dinner** |  |  |  |  |  |
| **Snacks** |  |  |  |  |  |
| **Totals** |  |  |  |  |  |