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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** |  |  |  |  |  |