Better Bones & Balance Daily Exercise Log													
Record the Number of Sets, Repetitions (Reps), Vest Weight (VWt.) and Jumps													
Week	Day 1				Day 2				Day 3				Date
	Sets	Reps	VWt.	Jumps	Sets	Reps	VWt	Jumps	Sets	Reps	VWt.	Jumps	
1													
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
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17													
18													