Exercise Calorie Counter

To use this spreadsheet, simply type in your exercise, duration, time of day.
To find out how many calories you burned during exercise, just click on the link below
to access the interactive calculator
http://www.exercise4weightloss.com/exercise-calorie-calculator.html

Day	Type of Exercise	Time of day	Duration	Calories burned
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total			0	0