

The 20-Minute Aerobics Solution™

Daily Progress Report



Date:	Planned Start Time:	Actual Start Time:
Day of 84	Planned End Time:	Actual End Time:
Aerobic Workout	Time to Complete: 20 minutes	Total Time:

Exercise	PLAN		Exercise	ACTUAL	
	Minute by Minute	Intensity Level		Minute by Minute	Intensity Level
	1	5		1	
	2	5		2	
	3	6		3	
	4	7		4	
	5	8		5	
	6	9		6	
	7	6		7	
	8	7		8	
	9	8		9	
	10	9		10	
	11	6		11	
	12	7		12	
	13	8		13	
	14	9		14	
	15	6		15	
	16	7		16	
	17	8		17	
High Point	18	9	High Point	18	
	19	10		19	
	20	5		20	

Notes
