

| Date | Exercise | Duration in minutes | Distance in miles (if applicable) | Estimated Calories Burned |
|-----------|---------------|---------------------|-----------------------------------|---------------------------|
| 2/4/2018 | Walking | 50 | 1 | 263 |
| | Elipitcal | 60 | | 550 |
| | Total | 110 | 1 | 813 |
| 2/5/2018 | Crossfit | 30 | 1 | 250 |
| | Elipitcal | 30 | | 300 |
| | Total | 60 | 1 | 550 |
| 2/6/2018 | Rucking (70#) | 52 | 3.2 | 1014 |
| | Total | 52 | 3.2 | 1014 |
| 2/7/2018 | Rest Day | 0 | 1 | 0 |
| | Total | 0 | 1 | 0 |
| 2/8/2018 | Walking | 20 | 1 | 200 |
| | Crossfit | 20 | | 200 |
| | Elipitcal | 30 | | 330 |
| | Total | 70 | 1 | 730 |
| 2/9/2018 | Crossfit | 30 | 1 | 300 |
| | Total | 30 | 1 | 300 |
| 2/10/2018 | Walking | 60 | 1 | 250 |
| | Total | 60 | 1 | 250 |

Weekly Total

3657