

# Virginia Cooperative Extension Service

VIRGINIA TECH AND VIRGINIA STATE

• VIRGINIA'S LAND GRANT UNIVERSITIES

Student Information Handout  
Lesson 6  
Energy Metabolism  
348-277  
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## DAILY ACTIVITY SHEET

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Miles	Minutes	Miles	Minutes	Miles	Minutes	Miles	Minutes	Miles	Minutes	Miles	Minutes	Miles	Minutes
Miles Walked														
Other Activity	Minutes		Minutes		Minutes		Minutes		Minutes		Minutes		Minutes	

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