

# Exercise Log v 2.0

Exercise Log is your personal exercise log that tracks your best efforts. It will show you how long (in minutes) you are spent on specific exercise. You can purge all records older than 7, 14, 30, 60 days.

**Exercise Log**

Date ↑↓	Exercise	Spent
2/9/06	7:48 Stair Machine	15
2/9/06	7:17 Aerobic	30
2/8/06	7:44 Swimming	15
2/7/06	7:47 Knee Crunches	10
2/6/06	7:47 Box Jump	5
2/3/06	7:47 Kick Boxing	15
2/2/06	7:48 Push Up	5

Total (Mins): 95

Filter: ▼

New

**Exercise Log**

Date ↑↓	Exercise	Spent
10/14/03	2:03 Push Up	15
10/13/03	8:04 Aerobic	30
10/11/03	11:03 Swimming	30
10/11/03	Aerobic	
9/25/03	BarBell Curls	
9/16/03	Box Jump	
	Cycling	
	Kick Boxing	
	Knee Crunches	
	Lower Arm	
	Push Up	

Purge

New

**Detail**

Date: 2/9/06 7:17 pm

Exercise: ▼ Aerobic

Target Area: ▼ Whole Body

Time (Mins): 30 Set: 1

Heart Rate: 120

Weight: 79 kgs lbs

notes can put in here

OK < > Beam Dup Del

**Define Exercises**

Aerobic

BarBell Curls

Box Jump

Cycling

Kick Boxing

Knee Crunches

Lower Arm

Push Up

Running

Stair Machine

Swimming

Upper Arm

New

Edit

Del

Sort

▲ ▼

Done

**Purge Records**

About

Older than 07 days ✓S

Older than 14 days ✓T

Older than 30 days ✓Y

Older than 60 days ✓D

Total (Mins): 45

Filter: ▼

New

If you have any question, please contact us at <http://support.pdasoftnet.com> or email to [cs@pdasoftnet.com](mailto:cs@pdasoftnet.com)