Track your time being active for 10 minutes or more at a time.

Physical Activity Tracker

Name:_____

Email:_____ Ph. Ext:_____

1. Set your physical activity goal for each week.
2. Make a plan to reach your goal.
3. Track your activity by checking off "I did it" each day you complete your plan.

Example	My Goal:	*Walk for 30 minutes a day, Mon-Fri*			
Date	**When**	**Where**	**What**	**How long**	**I did it!**
Monday	*Lunch*	*The park*	*Walk*	*15 min*	✔

Week #____	My Goal:				
Date	**When**	**Where**	**What**	**How long**	**I did it!**