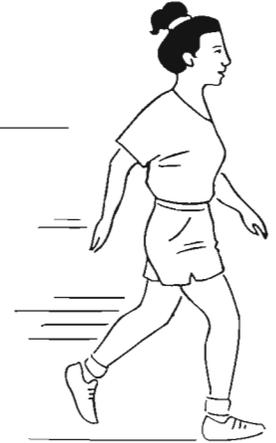


Make Physical Activity a Habit—My Personal Record



Name: _____



**Track your progress every day.
Start out slowly.**

Aim to reach 60 minutes or more each day!

Write down the number of minutes you are active each day.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Example	<i>5 min.</i>	<i>5</i>	<i>10</i>	<i>10</i>	<i>15</i>	<i>15</i>	<i>15</i>
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							