



Make Physical Activity a Habit: My Personal Record

Name: _____

- Track your progress every day.
- Start out slowly.
- Aim to reach at least 150 minutes (2½ hours total) per week!



Write down the number of minutes you're active each day								
Week #	Sunday Minutes	Monday Minutes	Tuesday Minutes	Wednesday Minutes	Thursday Minutes	Friday Minutes	Saturday Minutes	Total Minutes
Example	5	5	10	10	15	15	15	75
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								