

Physical Activity Worksheet

Use this table to track your progress.

Week of _____ (month and day) <i>Example: Week of July 13</i>		
Weekday	Activity	Duration (how long)
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Total duration of activities this week Am I on target? ✓ ✗		
What helped me reach my physical activity goal for the week:		