

TRACKING SHEET



Make Fitness Fun

Goal: 700 minutes of pure, heart-pumping fun

How to track your activity:

Simply use this tracking sheet to record the amount of physical activity you've done each day, in 10-minute increments, for eight weeks. Take a kickboxing class, go for a jog, toss a ball with your kids - whatever activity you choose to do is the right one for you!

Remember - the goal is 700 minutes.

Always consult a doctor before starting any new physical activity.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEK
Time	Time	Time	Time	Time	Time	Time	1
Time	Time	Time	Time	Time	Time	Time	2
Time	Time	Time	Time	Time	Time	Time	3
Time	Time	Time	Time	Time	Time	Time	4
Time	Time	Time	Time	Time	Time	Time	5
Time	Time	Time	Time	Time	Time	Time	6
Time	Time	Time	Time	Time	Time	Time	7
Time	Time	Time	Time	Time	Time	Time	8
TOTAL	TOTAL	TOTAL	TOTAL	TOTAL	TOTAL	TOTAL	GRAND TOTAL

Together, all the way.®



This information is intended to be general health information and is not medical advice or services. Please consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

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