

Weekly FITNESS Tracker

WEEK OF

GOAL
150-300 min per week
OR
30 min per day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Totals

On your mark, get set,

GO!

Looking for a jump start?
Try one of these activities

Play at a neighborhood park

Go on a bike ride

Play a game of soccer or basketball

Work in the garden

Throw a Friday night dance party!

Run through the Sprinkler

Take a family walk

For more great health & wellness tips, visit us online!

