

## Make Physical Activity a Habit My Personal Record

Name: \_\_\_\_\_

Track your progress every day. Start out slowly.

Aim to reach 30 minutes or more a day!

Write in the log the number of minutes you are active each day:

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