

Goal Tracker

My goal is to be more physically active!

DATE: _____

Circle the number of minutes/hours that you were moderately or vigorously physically active today. This includes any activities that you participated in where you broke into a sweat— such as sports, family walks, bike rides, outdoor play and activities, etc.

Monday:	30min	45min	60min	90min	2hrs+
Tuesday:	30min	45min	60min	90min	2hrs+
Wednesday:	30min	45min	60min	90min	2hrs+
Thursday:	30min	45min	60min	90min	2hrs+
Friday:	30min	45min	60min	90min	2hrs+
Saturday:	30min	45min	60min	90min	2hrs+
Sunday:	30min	45min	60min	90min	2hrs+

Tips

- ✓ Every step counts! Take the stairs instead of the elevator or walk anywhere you can instead of riding in a car.
- ✓ Be active as a family. Make activities, such as walks and bike rides, part of your daily routine.
- ✓ Turn off the tube. Substitute physical activity for one hour of TV each day.
- ✓ Join a sport. Group sports, whether at your school, community center, or recreation facility, are a great way to get moving and meet friends.

➔ My favorite physical activity that I did this week was:

➔ A new physical activity that I would like to try next week is:
