Physical Activity Worksheet

Use this table to track your progress.

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| **Week of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (month and day)**  *Example: Week of July 13* | | |
| **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: | | |