

Physical Activity Tracker

Name: _____

Tracker for the week of: _____

My goal for this week is:	Cardio or Aerobic 30 minutes most days of the week	Strength Training at least 2 days a week
Monday Notes:	Today's Goal Activities:	Today's Goal Activities:
Tuesday Notes:	Today's Goal Activities:	Today's Goal Activities:
Wednesday Notes:	Today's Goal Activities:	Today's Goal Activities:
Thursday Notes:	Today's Goal Activities:	Today's Goal Activities:
Friday Notes:	Today's Goal Activities:	Today's Goal Activities:
Saturday Notes:	Today's Goal Activities:	Today's Goal Activities:
Sunday Notes:	Today's Goal Activities:	Today's Goal Activities:

Walking Log

	Distance:	Step Count :	Walking time :	Walking speed :	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Week Total					
Targets :					
Actual :					
Notes :					

