

# Weekly FITNESS Tracker

WEEK OF .....



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Totals

**On your mark, get set,**

**GO!** Looking for a jump start?  
Try one of these activities

Find an exercise video on YouTube

Go on a bike ride

Play a game of soccer or basketball

Work in the garden

Throw a Friday night dance party!

Create an obstacle course

Take a family walk

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

