

Physical Activity Weekly Goal:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobic (Type, Time/ Steps/Wheelchair Revolutions)	Pedometer:	Pedometer:	Pedometer:	Pedometer:	Pedometer:	Pedometer:	Pedometer:
Strength	Type:	Type:	Type:	Type:	Type:	Type:	Type:
	Repetitions:	Repetitions:	Repetitions:	Repetitions:	Repetitions:	Repetitions:	Repetitions:
	Sets:	Sets:	Sets:	Sets:	Sets:	Sets:	Sets:
Flexibility (Type)							
Lifestyle Activity (Type/Time)							
Goal Met?	<i>I did it</i> <i>Almost</i> <i>Try again</i>	<i>I did it</i> <i>Almost</i> <i>Try again</i>	<i>I did it</i> <i>Almost</i> <i>Try again</i>	<i>I did it</i> <i>Almost</i> <i>Try again</i>	<i>I did it</i> <i>Almost</i> <i>Try again</i>	<i>I did it</i> <i>Almost</i> <i>Try again</i>	<i>I did it</i> <i>Almost</i> <i>Try again</i>
Total Weekly Aerobic Time (# minutes)							