



ACTIVITY TRACKER 2020

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____
	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____
WEEK 2	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____
	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____
WEEK 3	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____
	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____
WEEK 4	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____	Activity: _____
	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____



Notes

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Reflection - What worked well for you? What changes could I make?

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Run/Jog



Walk



Cycle



Aerobics

Just get...
MOVING