



Get to Your Goals: Weekly Activity Tracker

**Check with your healthcare provider before making substantial changes to your physical activity routine*

DAY	TIME OF DAY	PHYSICAL ACTIVITY	DURATION (number of minutes)
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

Activities to Consider

- Take a walk around the block
- Use the stairs instead of the elevator or escalator
- Mow the lawn or work in your garden
- Park the car farther away from your destination and walk
- Walk around the mall with friends
- Go dancing (or dance to music at home!)
- Join a bowling league with friends
- Organize a game of touch football
- Vacuum your house or apartment
- Swim a few laps
- Participate in an organized walk