

Fitness Easy-Tracker

Make a goal to get moving every day for 7 weeks. Chart your activity and the amount of time spent. Set your goal at a minimum of 30 minutes per day. Choose either Saturday or Sunday as your day off.

no exercise		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Week 1	Activity						
	Time Spent						
Week 2	Activity						
	Time Spent						
Week 3	Activity						
	Time Spent						
Week 4	Activity						
	Time Spent						
Week 5	Activity						
	Time Spent						
Week 6	Activity						
	Time Spent						
Week 7	Activity						
	Time Spent						
Week 8	Activity						
	Time Spent						
Week 9	Activity						
	Time Spent						