

WEEKLY ACTIVITY TRACKER

15 MINUTES OF ACTIVITY = 1 POINT

NAME: _____ MONTH: _____ POINT GOAL: _____

	DATE	TYPE OF ACTIVITY	MINUTES	POINTS
week 1	FEB. 2			
	3			
	4			
	5			
	6			
	7			
	8			
				week 1 POINTS
week 2	9			
	10			
	11			
	12			
	13			
	14			
	15			
				week 2 POINTS
week 3	16			
	17			
	18			
	19			
	20			
	21			
	22			
				week 3 POINTS
week 4	23			
	24			
	25			
	26			
	27			
	28			
	MARCH 1			
				week 4 POINTS
				TOTAL POINTS: