

WEEKLY ACTIVITY TRACKER

15 MINUTES OF ACTIVITY = 1 POINT

NAME: _____ MONTH: _____ POINT GOAL: _____

	DATE	TYPE OF ACTIVITY	MINUTES	POINTS
week 5	MARCH 2			
	3			
	4			
	5			
	6			
	7			
	8			
			week 1 POINTS	
week 6	9			
	10			
	11			
	12			
	13			
	14			
	15			
			week 2 POINTS	
week 7	16			
	17			
	18			
	19			
	20			
	21			
	22			
			week 3 POINTS	
week 8	23			
	24			
	25			
	26			
	27			
	28			
	29			
			week 4 POINTS	
			TOTAL POINTS:	