

WEEKLY ACTIVITY TRACKER

15 MINUTES OF ACTIVITY = 1 POINT

NAME: _____ MONTH: _____ POINT GOAL: _____

	DATE	TYPE OF ACTIVITY	MINUTES	POINTS	
week 9	MARCH 30				
	31				
	APRIL 1				
	2				
	3				
week 10	4				
	5				
	week 1 POINTS				
	6				
	7				
week 11	8				
	9				
	10				
	11				
	12				
week 12	week 2 POINTS				
	13				
	14				
	15				
	16				
week 13	17				
	18				
	19				
	week 3 POINTS				
	20				
week 14	21				
	22				
	23				
	24				
	25				
week 15	26				
	week 4 POINTS				
	27				
	28				
	29				
week 16	30				
	MAY 1				
week 4 POINTS					
TOTAL POINTS:					