

■ MAKE FITNESS FUN ■



# Tracking sheet.

**Goal:**  
700 minutes of pure, heart-pumping fun.

**How to track your activity**

Simply use this tracking sheet to record the amount of physical activity you've done each day, in 10 minute increments, for eight weeks. Take a kickboxing class, go for a jog, toss a ball with your kids ... whatever activity you choose to do is the right one for you!

Remember - the goal is 700 minutes.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Week 1
Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Week 2
Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Week 3
Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Week 4
Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Week 5
Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Week 6
Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Week 7
Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Time: <input type="text"/>	Week 8
Total Time:						<input type="text"/>	

**GO YOU**<sup>SM</sup>



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