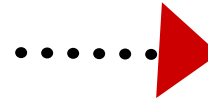


GOAL TRACKER



My goal is to be more physically active!

Date: _____

Circle the number of minutes/hours that you were moderately or vigorously physically active today. This includes any activities that you participated in where you broke into a sweat— such as sports, family walks, bike rides, outdoor play and activities, etc.

Monday:	30 min	45 min	60 min	90 min	2hrs+
Tuesday:	30 min	45 min	60 min	90 min	2hrs+
Wednesday:	30 min	45 min	60 min	90 min	2hrs+
Thursday:	30 min	45 min	60 min	90 min	2hrs+
Friday:	30 min	45 min	60 min	90 min	2hrs+
Saturday:	30 min	45 min	60 min	90 min	2hrs+
Sunday:	30 min	45 min	60 min	90 min	2hrs+

Tips

- ✓ **Every step counts!** Take the stairs instead of the elevator . Walk anywhere you can instead of riding in a car.
- ✓ **Be active as a family.** Make activities, such as walks and bike rides, part of your daily routine.
- ✓ **Turn off the tube.** Substitute physical activity for one hour of TV each day.
- ✓ **Join a sport.** Group sports, whether at your school, community center, or recreation facility, are a great way to get moving and meet friends.

➔ My favorite physical activity that I did this week was:

➔ A new physical activity that I would like to try next week is:

Source: Adapted from the Harvard Prevention Research Center and the Maine Center for Public Health

