Walking/Physical Activity Planner

My Name:

- Step 1: Set a physical activity goal for each week.
- Step 2: Make a plan to reach your goal.
- Step 3: Track your activity by checking off "I did it" each day you complete your plan.

Example My Goal: Walk for 15 minutes a day

Date:	When:	Where:	What:	How long:	I did it!
Monday	Lunch	At work	Walk	15 min	

WEEK 1 My Goal: _____

DATE	WHEN	WHERE	WHAT	HOW LONG	I DID IT!

WEEK 2	My Goal:	
--------	----------	--

DATE	WHEN	WHERE	WHAT	HOW LONG	I DID IT!

Reflections:

WEEK 3 My Goal: _	
-------------------	--

DATE	WHEN	WHERE	WHAT	HOW LONG	I DID IT!

Reflect	tions:			

WEEK 4	Лу Goal:
--------	----------

DATE	WHEN	WHERE	WHAT	HOW LONG	I DID IT!

Reflect	tions:			