

Physical Activity Tracker

Day	"Everyday" Activity	Aerobic/ Flexibility/ Strength Activity	Activity Types Completed Today
Sunday	Walking the dog (30 min)	Squats, pushups, soccer (30 min)	Strength, aerobic
Monday	Vacuuming (30 min)	Frisbee during gym class (30 min)	Aerobic
Tuesday	Walk to school with friends (30 min)	Stretching, bodyweight lunges	Flexibility, strength
Wednesday	Mowing the lawn, taking out the trash (40 min)	(30 min)	Aerobic
Thursday	Walking and climbing stairs while shopping (45 min)	Running around the block (20 min)	Flexibility
Friday	Washing the dishes by hand, taking out the trash, sweeping floors (30 min)		Aerobic
Saturday	Walking the dog (30 min)	Yoga (30 min) Dancing at the school dance (1 hr) Lifting weights at the gym (30 min)	Strength

Example

PHYSICAL ACTIVITY TRACKER

Day	"Everyday" Activity	Aerobic/ Flexibility/ Strength Activity	Activity Types Completed Today
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			