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

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