

Daily/Weekly Goals:



Let's Get Moving!

Activity Ideas:



Monday

Activity:

Time:

- _____
- _____
- _____

Total: _____



Tuesday

Activity:

Time:

- _____
- _____
- _____

Total: _____



Wednesday

Activity:

Time:

- _____
- _____
- _____

Total: _____



Thursday

Activity:

Time:

- _____
- _____
- _____

Total: _____



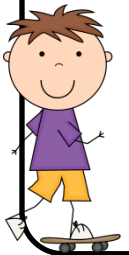
Friday

Activity:

Time:

- _____
- _____
- _____

Total: _____



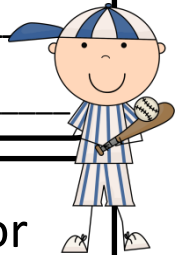
Saturday

Activity:

Time:

- _____
- _____
- _____

Total: _____



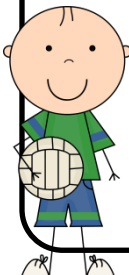
Sunday

Activity:

Time:

- _____
- _____
- _____

Total: _____



Total active time for this week: _____

My goals for next week:

Color the stars as you complete your goals each day.

Daily/Weekly Goals:



Let's Get Moving!

Activity Ideas:



Monday

Activity:

Time:

• _____
• _____
• _____

Total: _____



Tuesday

Activity:

Time:

• _____
• _____
• _____

Total: _____



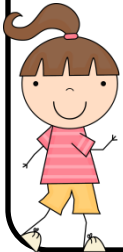
Wednesday

Activity:

Time:

• _____
• _____
• _____

Total: _____



Thursday

Activity:

Time:

• _____
• _____
• _____

Total: _____



Friday

Activity:

Time:

• _____
• _____
• _____

Total: _____



Saturday

Activity:

Time:

• _____
• _____
• _____

Total: _____



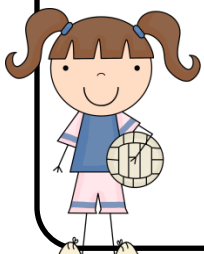
Sunday

Activity:

Time:

• _____
• _____
• _____

Total: _____



Total active time for this week: _____

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Activity Ideas:



Monday

Activity:

Time:

- _____
- _____
- _____

Total: _____



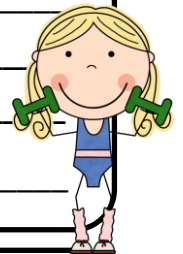
Tuesday

Activity:

Time:

- _____
- _____
- _____

Total: _____



Wednesday

Activity:

Time:

- _____
- _____
- _____

Total: _____



Thursday

Activity:

Time:

- _____
- _____
- _____

Total: _____



Friday

Activity:

Time:

- _____
- _____
- _____

Total: _____



Saturday

Activity:

Time:

- _____
- _____
- _____

Total: _____



Sunday

Activity:

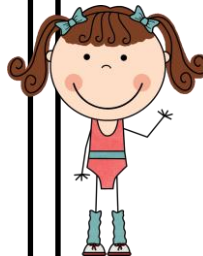
Time:

- _____
- _____

Total: _____



WORK IT



Total active time for this week: _____

My goals for next week:

Color the stars as you complete your goals each day.