

Lesson 2  
My Activity Tracker

Activity: \_\_\_\_\_

Set the numbers along the left side as needed to start with to your baseline number of minutes or repetitions. For example, if you can currently walk for 10 minutes, start the numbering at 10 and go up. Increase your time, distance, pace, and/or repetitions by increments that are realistic and healthy for you.

15							
14							
13							
12							
11							
10							
9							
8							
7							
6							
5							
4							
3							
2							
1							
	Sun	Mon	Tues	Wed	Thurs	Fri	Sat

Possible problems that will interfere with my activity:

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How I will deal with problems that interfere:

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