



Figure 5.7

Physical Activity Calendar

Write in the month and the corresponding dates in the spaces provided. Then record your minutes, steps, and miles for each day. You may make copies of this sheet to record information monthly.

Month _____ Year _____	Monthly goals						Minutes	Steps	Miles
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Weekly goal								Weekly total	
_____ Minutes								_____ Minutes	
_____ Steps								_____ Steps	
_____ Miles								_____ Miles	
_____ Minutes								_____ Minutes	
_____ Steps								_____ Steps	
_____ Miles								_____ Miles	
_____ Minutes								_____ Minutes	
_____ Steps								_____ Steps	
_____ Miles								_____ Miles	
_____ Minutes								_____ Minutes	
_____ Steps								_____ Steps	
_____ Miles								_____ Miles	
_____ Minutes								_____ Minutes	
_____ Steps								_____ Steps	
_____ Miles								_____ Miles	
								Monthly totals	
								Minutes	
								Steps	
								Miles	

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_____ Minutes									_____ Minutes			
_____ Steps									_____ Steps			
_____ Miles									_____ Miles			
									Monthly totals	Minutes	Steps	Miles

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