










Name: \_\_\_\_\_

Week: \_\_\_\_\_

# Tracking Your "Energy Out"

**Goal: Be physically active for at least 30 minutes each day, and walk at least 10,000 steps per day. Track at least 5 days per week!**

	Activities	Minutes 	Were you active for 30+ minutes today? Yes No	# of Steps shown on your stepcounter
<b>Monday</b> 			Yes No	
<b>Tuesday</b>			Yes No 	
<b>Wednesday</b> 			Yes No	
<b>Thursday</b>			Yes No 	
<b>Friday</b> 			Yes No	
<b>Saturday</b>			Yes No 	
<b>Sunday</b> 			Yes No	