



PHYSICAL ACTIVITY CALENDAR

Fill 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.

WEEKLY GOALS		MONTH							YEAR			MONTHLY GOALS			MONTHLY TOTALS			
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Minutes	Steps	Miles	Minutes	Steps	Miles				
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