

Week 1	Date	Start Wt:	
	Time	Steps	Miles
Mon.			
Tue.			
Wed.			
Thurs.			
Fri.			
Sat.			
Sun.			
Total			
Tip - Set your goals and make a plan			

Week 2	Date		
	Time	Steps	Miles
Mon.			
Tue.			
Wed.			
Thurs.			
Fri.			
Sat.			
Sun.			
Total			
Tip - Gradually increase activity			

Week 3	Date		
	Time	Steps	Miles
Mon.			
Tue.			
Wed.			
Thurs.			
Fri.			
Sat.			
Sun.			
Total			
Tip - Have water as preferred beverage			

Week 1	Date		
	Time	Steps	Miles
Mon.			
Tue.			
Wed.			
Thurs.			
Fri.			
Sat.			
Sun.			
Total			
Tip - Think positive to be positive			

Week	Date		
	Time	Steps	Miles
Mon.			
Tue.			
Wed.			
Thurs.			
Fri.			
Sat.			
Sun.			
Total			
Tip - Make an activity schedule			

Week	Date	End Wt:	
	Time	Steps	Miles
Mon.			
Tue.			
Wed.			
Thurs.			
Fri.			
Sat.			
Sun.			
Total			
Tip - Track and reward your success!			



JUST MOVE IT
It's up to you!