

Monthly Activity Calendar

Native Lifestyle Balance

Name: _____

Month/Year

Goals: Weight _____ lbs

Activity _____ min./wk.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Totals |
|--|--|--|--|--|--|--|-------------------------------------|
| _____ Activity _____ Weight _____ [] Recorded Diet | Weekly Activity _____ minutes |
| _____ Activity _____ Weight _____ [] Recorded Diet | Weekly Activity _____ minutes |
| _____ Activity _____ Weight _____ [] Recorded Diet | Weekly Activity _____ minutes |
| _____ Activity _____ Weight _____ [] Recorded Diet | Weekly Activity _____ minutes |
| _____ Activity _____ Weight _____ [] Recorded Diet | Weekly Activity _____ minutes |