







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

Tracking Your "Energy Out"			
Be physically active for at least 60 minutes each day. Track at least 5 days per week.			
	Activities	Minutes - Mark foot for every 15 minutes of physical activity	Were you active for 60+ minutes today?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday		