

I successfully completed this goal.  
This is what I did:

**EXERCISE TIME**

Record your exercise time in each box. Your goal is to reach 30-90 minutes per day. Place a M (moderate), V (vigorous) or a S (sedentary) in the box. Your exercise time does not need to be performed at one time, but can be in 10-15 minute intervals.

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							
Week 9							
Week 10							
Week 11							
Week 12							

Name \_\_\_\_\_

Date \_\_\_\_\_

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