

Goal: Aim for 150 minutes of moderate exercise per week									
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7		
Week 1	1		7		-47				
Week 2							4		
Week 3									
Week 4				133					
Week 4				P					



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Week 1	1				4			
Week 2							A	
Week 3							1 4	
Week 4				12				
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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7		
Week 1	1	D-1							
Week 2							A		
Week 3									
Week 4									
Instructions: Record how many minutes of physical activity you do per day.									