



My Physical Activity Tracker

For the week of _____

My goal for this week is:	Cardio or Aerobic 30 minutes most days of the week	Strength Training at least 2 days a week
Monday Notes to myself:	<input type="checkbox"/> Today's Goal My Activities:	<input type="checkbox"/> Today's Goal My Activities:
Tuesday Notes to myself:	<input type="checkbox"/> Today's Goal My Activities:	<input type="checkbox"/> Today's Goal My Activities:
Wednesday Notes to myself:	<input type="checkbox"/> Today's Goal My Activities:	<input type="checkbox"/> Today's Goal My Activities:
Thursday Notes to myself:	<input type="checkbox"/> Today's Goal My Activities:	<input type="checkbox"/> Today's Goal My Activities:
Friday Notes to myself:	<input type="checkbox"/> Today's Goal My Activities:	<input type="checkbox"/> Today's Goal My Activities:
Saturday Notes to myself:	<input type="checkbox"/> Today's Goal My Activities:	<input type="checkbox"/> Today's Goal My Activities:
Sunday Notes to myself:	<input type="checkbox"/> Today's Goal My Activities:	<input type="checkbox"/> Today's Goal My Activities:
<p>Cardio or Aerobic: Moderate Physical Activity—You feel your heart beat faster and you breathe faster too. Vigorous Physical Activity—You have a large increase in breathing and heart rate. Conversation is difficult or “broken.”</p> <p>Strength Training: Sometimes called resistance exercises—You work your muscles against resistance using weights or gravity (for example, push-ups). Try 6-8 strength-training exercises of 8-12 repetitions of each exercise.</p> <p>To track your physical activity online, visit www.presidentschallenge.org.</p>		