

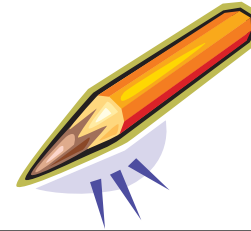
Session 10 – Tips to Get Active

V. Activity

Record the number of minutes of physical activity completed.

Set a goal to incorporate physical activity at least 150 minutes a week.

Weekly Log: Physical Activity



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Total Daily							Weekly Total

