

Track it!

Record your activity in the journal below to be able to track all that you do!

Date	What did you do?	How long did you do it?	How intense was it? (easy, moderate, hard)	Notes
<i>Ex: Jan 1, 2014</i>	<i>walk</i>	<i>30 minutes</i>	<i>hard</i>	<i>Bring water</i>

Tips and Planning for Exercise:

- Plan out how you're going to be active for the week. Mix it up so you don't get bored.
- Find an exercise partner for support.
- Place your tennis shoes by the door to remind you to get going.
- Have FUN!