Daily Activity Tracker

This tool can help you keep track of your activity and fitness goals. Make a plan for the week ahead. Then check off as you complete your activities. Get started now!

Day/Date	Exercise	Duration	Completed	Notes
			❑	
			❑	
			❑	
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			❑	
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			❑	
			❑	
			❑	

Goals:

Work with your doctor to define your fitness goals including how many days per week, weekly target amount of exercise, and recommended intensity.

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