My Goal: I will exercise for .... minutes each day.

Exercise Tracker: In the chart below, list the exercises you did and how many minutes you spent.
At the end of the day, calculate the total number of minutes

Times to Exercise: ....

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:
	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:
	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:
	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:
	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:
	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:
	Total:	Total:	Total:	Total:	Total:	Total:	Total:

END OF THE WEEK REFLECTION

I met my goal .... days this week.

Next week, my goal will be .... minutes