

Family Activity Tracker

When families are physically active together, they can have fun while encouraging healthy choices. Try to get at least 60 minutes of physical activity every day!

Hang this tracker on a wall or refrigerator where all family members can see it, and create an active family goal each month (e.g., this month we will try a new outdoor activity together). Then, track your activities and reward your progress with something the whole family will enjoy!

Our Monthly Goal: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							