

# MOVEMENT TRACKING



**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

Sun	Mon	Tue	Wed	Thu	Fri	Sat

**MY GOAL FOR THIS MONTH IS:** \_\_\_\_\_

The CDC recommends 2.5 hours, or 150 minutes, of moderate physical exercise each week. Draw a dash or other symbol to track your daily movement. Each symbol should represent the amount of time taken for each physical activity, such as 15 or 30 minutes.

