

MANUAL ACTIVITY TRACKING FORM

Record your daily pedometer steps and other physical activities, using the chart below.



NAME: _____

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------|---|---|---|---|---|---|---|
| Week # _____ | Steps: Minutes: Which Activity? | Steps: Minutes: Which Activity? | Steps: Minutes: Which Activity? | Steps: Minutes: Which Activity? | Steps: Minutes: Which Activity? | Steps: Minutes: Which Activity? | Steps: Minutes: Which Activity? |
| Week # _____ | Steps: Minutes: Which Activity? | Steps: Minutes: Which Activity? | Steps: Minutes: Which Activity? | Steps: Minutes: Which Activity? | Steps: Minutes: Which Activity? | Steps: Minutes: Which Activity? | Steps: Minutes: Which Activity? |
| Week # _____ | Steps: Minutes: Which Activity? | Steps: Minutes: Which Activity? | Steps: Minutes: Which Activity? | Steps: Minutes: Which Activity? | Steps: Minutes: Which Activity? | Steps: Minutes: Which Activity? | Steps: Minutes: Which Activity? |
| Week # _____ | Steps: Minutes: Which Activity? | Steps: Minutes: Which Activity? | Steps: Minutes: Which Activity? | Steps: Minutes: Which Activity? | Steps: Minutes: Which Activity? | Steps: Minutes: Which Activity? | Steps: Minutes: Which Activity? |