

Activity Tracker



Set goals and write down your steps/distance

Week Day	Goal	Warm Up	Duration	Cool Down	How I Feel	Daily Activities Accomplished	What I Need to Finish
Example	I will move for 30 minutes today	Stroll around the block	20 minute activity	Stretching	Good, no shortness of breath	Laundry washed, dried, and folded	Put clean laundry away
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Questions I need to ask my healthcare team about my daily activity: