Daily/Weekly	Goals:	Let's Ge	t Movi	ng!	Activity Ideas:
	Monday Activity: Total:	Time:		Activity: Total:	Time:
	Wednesday Activity: Tota	Time:		Thursday Activity: Total	Time:
	Friday Activity: Total:	Time:		Saturday Activity: Total:	Time:
	Sunday Activity: Total:	Time:		Total active ti this week: My goals for ne	

Color the stars as you complete your goals each day.

Daily/Weekly	Goals:	Let's Ge	t Movi	ing!	Activity Ideas:
	Monday Activity: Total:	Time:		Activity: Total:	Time:
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Daily/Weekly Goals:	Let's Get	Moving!	Activity Ideas:
Monday Activity: Tota	Time:	Tuesday Activity: Total:	Time:
Wednesday Activity: To	Time:	Thursday Activity: Total:	Time:
Friday Activity: Tota	Time:	Saturday Activity: Total:	Time:
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