

## 5 days per week - Keep tract of Activity for 1 month - 30 minutes per day

| Week 1  | Activity |
|---------|----------|
| - Day 1 |          |
| - Day 2 |          |
| - Day 3 |          |
| - Day 4 |          |
| - Day 5 |          |

| Week 2  | Activity |
|---------|----------|
| - Day 1 |          |
| - Day 2 |          |
| - Day 3 |          |
| - Day 4 |          |
| - Day 5 |          |

| Week 3  | Activity |
|---------|----------|
| - Day 1 |          |
| - Day 2 |          |
| - Day 3 |          |
| - Day 4 |          |
| - Day 5 |          |

| Week 4  | Activity |
|---------|----------|
| - Day 1 |          |
| - Day 2 |          |
| - Day 3 |          |
| - Day 4 |          |
| - Day 5 |          |