

Physical Activity by Month

Place cursor
here for
Rationale

Place cursor
here for
Instructions

Week 1

| Day | Date | Activity (place cursor here for information) | Minutes |
|---------------|------|--|---------|
| Monday | | | |
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| | | | |
| | | | |
| Tuesday | | | |
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| Wednesday | | | |
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| Thursday | | | |
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| Friday | | | |
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| Saturday | | | |
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| Sunday | | | |
| | | | |
| | | | |
| Weekly Total: | | | 0 |

Week 2

| Day | Date | Activity (place cursor here for information) | Minutes |
|---------------|------|--|---------|
| Monday | | | |
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| | | | |
| Tuesday | | | |
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| Wednesday | | | |
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| Thursday | | | |
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| Friday | | | |
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| Saturday | | | |
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| Sunday | | | |
| | | | |
| | | | |
| Weekly Total: | | | 0 |

Week 3

| Day | Date | Activity (place cursor here for information) | Minutes |
|---------------|------|--|---------|
| Monday | | | |
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| Tuesday | | | |
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| Wednesday | | | |
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| Thursday | | | |
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| Friday | | | |
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| Saturday | | | |
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| Sunday | | | |
| | | | |
| | | | |
| Weekly Total: | | | 0 |

Week 4

| Day | Date | Activity (place cursor here for information) | Minutes |
|---------------|------|--|---------|
| Monday | | | |
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| Tuesday | | | |
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| Wednesday | | | |
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| Thursday | | | |
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| Friday | | | |
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| Saturday | | | |
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| Sunday | | | |
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| | | | |
| Weekly Total: | | | 0 |

Extra Days

| Day | Date | Activity (place cursor here for information) | Minutes |
|---------------|------|--|---------|
| Monday | | | |
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| Tuesday | | | |
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| Wednesday | | | |
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| Thursday | | | |
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| Friday | | | |
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| | | | |
| Saturday | | | |
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| Sunday | | | |
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| | | | |
| Weekly Total: | | | 0 |