

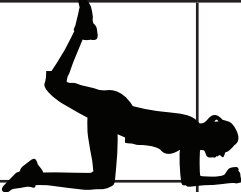





Name:

Date:

Get Off the Couch

Instructions: Track your daily physical activities. You don't have to do one activity for an hour straight, but your daily activities should add up to at least 60 minutes.

5-Day Program	60-minute daily exercise log (activity, length of time)
Day 1 	
Day 2 	
Day 3 	
Day 4 	
Day 5 