



# KEEP TRACK OF YOUR MOVES



**Set A Goal To Increase Your Level Of Activity  
Record The Time You Spend In Physical Activity Each Day**

| Week | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. | Sun. | Weekly Total |
|------|------|-------|------|--------|------|------|------|--------------|
| 1    |      |       |      |        |      |      |      |              |
| 2    |      |       |      |        |      |      |      |              |
| 3    |      |       |      |        |      |      |      |              |
| 4    |      |       |      |        |      |      |      |              |
| 5    |      |       |      |        |      |      |      |              |
| 6    |      |       |      |        |      |      |      |              |
| 7    |      |       |      |        |      |      |      |              |
| 8    |      |       |      |        |      |      |      |              |

**HAVE YOU MET YOUR GOAL?**



UNIVERSITY OF ILLINOIS  
**EXTENSION**

College of Agricultural, Consumer and Environmental Sciences



**University of Illinois \* United States Department of Agriculture \* Local Extension Councils Cooperating**  
University of Illinois Extension provides equal opportunities in programs and employment.  
The Family Nutrition Program is funded with Food Stamp Administrative funds by the Food & Nutrition Service of the U.S. Department of Agriculture.