



MY ACTIVITY TRACKER

Record what type of activity and how much activity you take part in each day



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	HOW I FELT
WEEK 1								
WEEK 2								
WEEK 3								
WEEK 4								
WEEK 5								



At the end of the week, record what you enjoyed the most how you felt after the activities

GOALS

What and when?

With who?

On a difficult day, I'll...



REWARD

I'll reward myself by...

