

# Daily ACTIVITY TRACKER

HANG ME ON FRIDGE

This is your physical activity tracker. Use it to track Daily Steps (NEAT), and Workouts. Use the legend below to keep your tracker organized and easy to review. I have given you an average of 7,500 steps per day to complete onto of all other planned exercise.

At the end of each week, add up steps taken and see if you missed any steps or workouts. Use the Large Space to write your Daily Completed Steps.

- X = Workout

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEKS STEPS
WEEK 1	7,500	7,500	7,500	7,500	7,500	7,500	7,500	52,500
WEEK 2	7,500	7,500	7,500	7,500	7,500	7,500	7,500	52,500
WEEK 3	7,500	7,500	7,500	7,500	7,500	7,500	7,500	52,500
WEEK 4	7,500	7,500	7,500	7,500	7,500	7,500	7,500	52,500

## SIMPLE ACTIVITY TIPS

1. Try to have at least a 10 min. morning walk all mornings. Bring your coffee with you. Have walking shoes and clothes ready at night.
2. Have your yoga mat or home exercise area set up before going to bed, so if you choose to do it in the morning it's ready for you.
3. If possible invest in a standing/sitting desk.
4. If you sit a lot at work. Try to use an alarm every 30 - 45 minutes to remind you to get up and even just walk around your workplace.
5. Try to take calls while walking, or have walking meetings. You can also invest in a stand up conference desk for group meetings.
6. Use stairs when ever possible.
7. Park further from doors at malls and grocery stores, etc.