

Fitness Tracking Chart

Name: _____

	Fitness Points	Fitness Points	Fitness Points	Fitness Points	Fitness Points	Fitness Points	Fitness Points	Fitness Points
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								

*Each day give yourself 1 point/15 minutes of physical activity. Try for 2 points/day or more!