


MONTHLY EXERCISE TRACKER



My Exercise Goal: _____
(keep your exercise goal specific and measurable)

Month: _____

MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL 
GRAND TOTAL							

- #1 - Fill in the dates for the month.
- #2 - Write down your exercise goal.
- #3 - Post this on your fridge or bathroom mirror.
- #4 - Keep track of every day you did your exercise goal with a nice big STAR!

Need more help?
 Join our Healthy U Group!
www.HealthyUGroup.com

