

TRACK YOUR  
**Daily Physical Activity**

**5-2-1-0**

Are you getting 1 hour or more of physical activity every day?  
 Use the Daily Physical Activity tracker to document your fitness minutes.



<b>EXAMPLE</b>	Activity	riding bike	basketball	playing tag	TOTAL TIME 60 mins.
	Minutes	30	15	15	
<b>Monday</b>	Activity				TOTAL TIME
	Minutes				
<b>Tuesday</b>	Activity				TOTAL TIME
	Minutes				
<b>Wednesday</b>	Activity				TOTAL TIME
	Minutes				
<b>Thursday</b>	Activity				TOTAL TIME
	Minutes				
<b>Friday</b>	Activity				TOTAL TIME
	Minutes				
<b>Saturday</b>	Activity				TOTAL TIME
	Minutes				
<b>Sunday</b>	Activity				TOTAL TIME
	Minutes				