DAILY LIVING TOOLKIT: Health and Wellness

My Activity Log

-		my menting log	
B. Complete	Week 1	Activity	# of minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total			
0.0	Week 2	Activity	# of minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total			
Mandan	Week 3	Activity	# of minutes
Monday	Week 3	Activity	# of minutes
Tuesday	Week 3	Activity	# of minutes
Tuesday Wednesday	Week 3	Activity	# of minutes
Tuesday Wednesday Thursday	Week 3	Activity	# of minutes
Tuesday Wednesday Thursday Friday	Week 3	Activity	# of minutes
Tuesday Wednesday Thursday Friday Saturday	Week 3	Activity	# of minutes
Tuesday Wednesday Thursday Friday Saturday Sunday	Week 3	Activity	# of minutes
Tuesday Wednesday Thursday Friday Saturday	Week 3	Activity	# of minutes
Tuesday Wednesday Thursday Friday Saturday Sunday			
Tuesday Wednesday Thursday Friday Saturday Sunday Total	Week 4	Activity	# of minutes
Tuesday Wednesday Thursday Friday Saturday Sunday Total Monday			
Tuesday Wednesday Thursday Friday Saturday Sunday Total Monday Tuesday			
Tuesday Wednesday Thursday Friday Saturday Sunday Total Monday Tuesday Wednesday			
Tuesday Wednesday Thursday Friday Saturday Sunday Total Monday Tuesday Wednesday Thursday			
Tuesday Wednesday Thursday Friday Saturday Sunday Total Monday Tuesday Wednesday Thursday Friday			
Tuesday Wednesday Thursday Friday Saturday Sunday Total Monday Tuesday Wednesday Thursday Friday Saturday Saturday			
Tuesday Wednesday Thursday Friday Saturday Sunday Total Monday Tuesday Wednesday Thursday Friday			

^{***}Be physically active at least 60 minutes every day, or most days***