

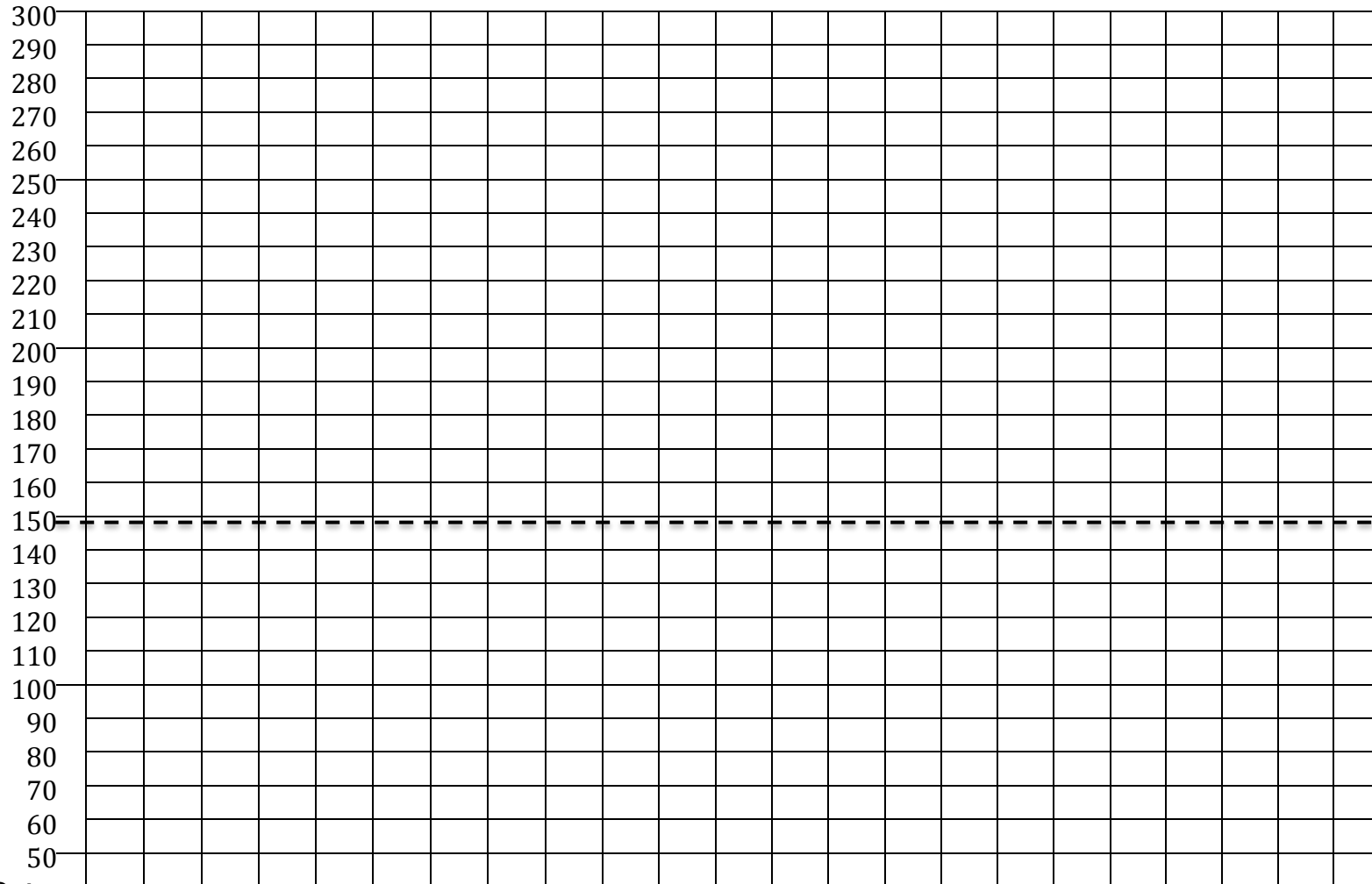
How Am I Doing?

Starting Level (minutes/week)=

Minimum Goal (minutes/week)= 150

Physical Activity Graph for _____

Min./wk.



*Minimum
Activity
Goal*

Date: