

In the left-hand column, enter activities you'd like to track (cardio or strength training, team sports, walking the dog, household

Record the number of minutes of activity on each date to work toward your monthly goal.

Activity	11/12027	1/2/2022	1/3/2022	114/2022	1/5/2022	11612022	1/1/2022	118/2022	11912022	1101202	1171202	112/202	113/202	1174/202	115/202	11.615053	11712027	11.815057	119/2027	1/50/505	121/2027	12212023	123/2022	124/2023	125/2027	126/2027	11211202	115815053	15915022	13012022	131/2022	Total
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