

My Fitness Tracker

How to use this tracker: Log your activity, color in your effort level (1 to 5 stars), and check off the fitness area(s) you worked on — cardiovascular endurance, upper-body strength, or core strength. Remember to try for at least 60 minutes of physical activity every day!

Date	Activity	Minutes Active	Effort (color in your effort)	Fitness Focus (check all that apply)
			☆☆☆☆☆	☐ Cardiovascular endurance (e.g., playing soccer, riding a bike) ☐ Upper-body strength (e.g., climbing on the playground, doing push-ups) ☐ Core strength (e.g., doing planks, practicing sit-ups)
			☆☆☆☆☆	☐ Cardiovascular endurance ☐ Upper-body strength ☐ Core strength
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