

Tracking Your Family's Change to Good


6



Goal sheet for: Exercise

Use the calendar below to mark the days that your family meets the goal you are trying to achieve. Which of the following will you try?

- Write down activity plans for the week
- Have an exercise partner
- Check out an exercise DVD at the library
- Check out the YMCA (they have scholarships)
- Find something you enjoy... DANCE!
- Exercise 45-60 minutes every day (can be broken up during the day)
- Hang your tennis shoes on your door
- Have a time limit for screen time


 Start date: _____/_____/_____

Week	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1							
2							
3							
4							
5							

Week	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6							
7							
8							
9							
10							
11							
12							

**Congratulations! You are on your way to sending
your family on the road to health!**

Patient name: _____ Patient date of birth: _____

Bring or send this in to your doctor's office after you fill it out to let them know how you are doing!