

little steps big gains

Four-Week Activity Challenge Tracker

I pledge to be physically active at least 150 minutes per week for four weeks.

PARTICIPANT

NUMBER OF MINUTES COMPLETED

	MON	TUES	WED	THU	FRI	SAT	SUN	TOTAL
WEEK 1								
WEEK 2								
WEEK 3								
WEEK 4								



Congratulations!

You're taking small steps to move more for big gains in your health, appearance, fitness and wellbeing!

A good goal is to be active **at least** 30 minutes a day, five days a week.

heart.org/MoveMore