

Name _____

My Goal _____ minutes

On the calendar, fill in the numbers and record how many minutes you were active outside. You can include recess, if active, and gym. Your goal should be 60 minutes a day.

Month of _____, 20____

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday

Reflection

1. How many days did you reach your goal? _____
2. What stopped you from reaching your goal on those days?

3. What goal will you set next month? How might you improve?
