

# On the Move Activity Tracker

**My GOAL : _____ steps or minutes/day	Steps: _____ Minutes: _____	Steps: _____ Minutes: _____	Steps: _____ Minutes: _____	Steps: _____ Minutes: _____	Steps: _____ Minutes: _____	Steps: _____ Minutes: _____
Steps: _____ Minutes: _____	Steps: _____ Minutes: _____	Steps: _____ Minutes: _____	Steps: _____ Minutes: _____	Steps: _____ Minutes: _____	Steps: _____ Minutes: _____	Steps: _____ Minutes: _____
Steps: _____ Minutes: _____	Steps: _____ Minutes: _____	Steps: _____ Minutes: _____	Steps: _____ Minutes: _____	Steps: _____ Minutes: _____	Steps: _____ Minutes: _____	Steps: _____ Minutes: _____
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Steps: _____ Minutes: _____	Steps: _____ Minutes: _____	Steps: _____ Minutes: _____	Steps: _____ Minutes: _____	Steps: _____ Minutes: _____	Steps: _____ Minutes: _____	Steps: _____ Minutes: _____

**Southern**  
*on the MOVE*



Directions: Print out this calendar.

In the 1st box write your steps or minute goal. Each day you are physically active, enter the date and record the number of steps from a pedometer *OR* minutes you spent moving. Either keep this paper calendar for your records, and/or use the online tracker. At the end of the month count up how many days you were able to achieve your goal and compare it to the month before. Be sure to look for bi-weekly e-mails, participate in walking groups, and attend events like free salsa dance or yoga classes.

[www.southernct.edu/onthemove](http://www.southernct.edu/onthemove)    [onthemove@southernct.edu](mailto:onthemove@southernct.edu)

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