



Diabetes Awareness Month

Weekly Activity Tracker

Use this sheet to record your daily progress towards your fitness and wellness goals.

Be sure to check out our Y's exciting group fitness class schedule! Copies are available at the Welcome Center.

Keeping track of your physical activity minutes is a great way to stay motivated and ensure you're meeting your goals. You can use various methods to do this, from simple pen and paper to digital tools and apps. Here's a template to help you keep track of your active minutes for a week: Meeting the goal of 150 minutes a week is a fantastic way to lower the risk of Type 2 Diabetes or manage the condition. Remember to find activities you enjoy, as it will make it easier to stay consistent with your routine. Keep a record of your activities and set new goals to continue improving your health and well-being.

Week of: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
How many minutes were you active today?								
What activities did you do?								X

Notes:



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