**Monitor Sheet *– TEMPLATE***

* Track your progress on your Action Plan sheet, on a separate monitoring sheet, or using an app on your smartphone.
* We encourage you to write down the activity that you've done at the end of each day or just check whether you followed your Action Plan. You can provide as much detail as you want.

You can use this sheet if you prefer to record your activities in detail:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Mon | Tue | Wed | Thurs | Fri | Sat | Sun |
| Activity |  |  |  |  |  |  |  |
| Where |  |  |  |  |  |  |  |
| When |  |  |  |  |  |  |  |
| Duration |  |  |  |  |  |  |  |
| Intensity |  |  |  |  |  |  |  |

**Monitor Sheet *– TEMPLATE***

You can use this sheet if you prefer a simple monitoring approach.

Please record the duration, intensity, and type of any physical activity that you did each day.

**Goal:**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |
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