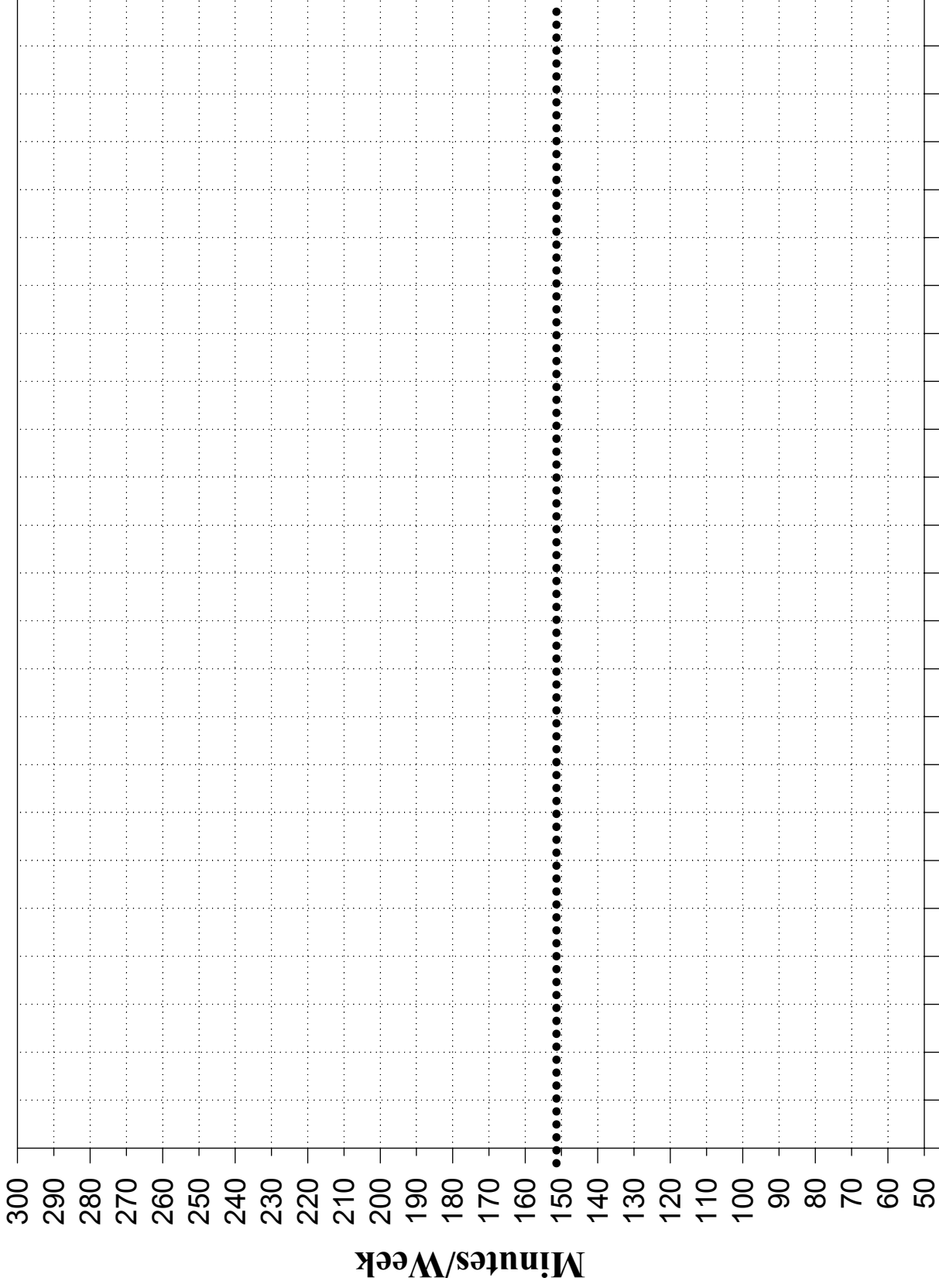


How Am I Doing?

Physical Activity Graph for _____

Starting Level (min./wk.) = _____

Minimum Goal (min./wk.) = 150



Date:

How Am I Doing?

Physical Activity Graph for _____

Starting Level (min./wk.) = _____
Minimum Goal (min./wk.) = 150



Date: _____