

Weekly Summary - Week One

Dates: _____

Day	Day of Week	Exercise (minutes)	Calories I Ate	Weight	Did I Track My Food?
1					
2					
3					
4					
5					
6					
7					
Weekly Totals					
Weekly Target		225 minutes			

Weekly Summary - Week Two

Dates: _____

Day	Day of Week	Exercise (minutes)	Calories I Ate	Weight	Did I Track My Food?
1					
2					
3					
4					
5					
6					
7					
Weekly Totals					
Weekly Target		225 minutes			

Weekly Summary - Week Three

Dates: _____

Day	Day of Week	Exercise (minutes)	Calories I Ate	Weight	Did I Track My Food?
1					
2					
3					
4					
5					
6					
7					
Weekly Totals					
Weekly Target		225 minutes			

Weekly Summary - Week Four

Dates: _____

Day	Day of Week	Exercise (minutes)	Calories I Ate	Weight	Did I Track My Food?
1					
2					
3					
4					
5					
6					
7					
Weekly Totals					
Weekly Target		225 minutes			

Weekly Summary - Week Five

Dates: _____

Day	Day of Week	Exercise (minutes)	Calories I Ate	Weight	Did I Track My Food?
1					
2					
3					
4					
5					
6					
7					
Weekly Totals					
Weekly Target		225 minutes			

Weekly Summary - Week Six

Dates: _____

Day	Day of Week	Exercise (minutes)	Calories I Ate	Weight	Did I Track My Food?
1					
2					
3					
4					
5					
6					
7					
Weekly Totals					
Weekly Target		225 minutes			

Weekly Summary - Week Seven

Dates: _____

Day	Day of Week	Exercise (minutes)	Calories I Ate	Weight	Did I Track My Food?
1					
2					
3					
4					
5					
6					
7					
Weekly Totals					
Weekly Target		225 minutes			

Weekly Summary - Week Eight

Dates: _____

Day	Day of Week	Exercise (minutes)	Calories I Ate	Weight	Did I Track My Food?
1					
2					
3					
4					
5					
6					
7					
Weekly Totals					
Weekly Target		225 minutes			