



PHYSICAL ACTIVITY TRACKER



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Physical Activity Time 15 30 45 60 75 90	Physical Activity Time 15 30 45 60 75 90	Physical Activity Time 15 30 45 60 75 90	Physical Activity Time 15 30 45 60 75 90	Physical Activity Time 15 30 45 60 75 90	Physical Activity Time 15 30 45 60 75 90	Physical Activity Time 15 30 45 60 75 90
	Physical Activity List	Physical Activity List	Physical Activity List	Physical Activity List	Physical Activity List	Physical Activity List	Physical Activity List
	Less than 2 hours of recreational screen time 	Less than 2 hours of recreational screen time 	Less than 2 hours of recreational screen time 	Less than 2 hours of recreational screen time 	Less than 2 hours of recreational screen time 	Less than 2 hours of recreational screen time 	Less than 2 hours of recreational screen time
Week 2	Physical Activity Time 15 30 45 60 75 90	Physical Activity Time 15 30 45 60 75 90	Physical Activity Time 15 30 45 60 75 90	Physical Activity Time 15 30 45 60 75 90	Physical Activity Time 15 30 45 60 75 90	Physical Activity Time 15 30 45 60 75 90	Physical Activity Time 15 30 45 60 75 90
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Cadet's Signature: _____ Date: _____ Supervisor's Signature: _____ Date: _____							



PHYSICAL ACTIVITY TRACKER



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
W e e k 3	Physical Activity Time <div style="display: flex; justify-content: space-between; font-size: 0.8em;"> 153045607590 </div>	Physical Activity Time <div style="display: flex; justify-content: space-between; font-size: 0.8em;"> 153045607590 </div>	Physical Activity Time <div style="display: flex; justify-content: space-between; font-size: 0.8em;"> 153045607590 </div>	Physical Activity Time <div style="display: flex; justify-content: space-between; font-size: 0.8em;"> 153045607590 </div>	Physical Activity Time <div style="display: flex; justify-content: space-between; font-size: 0.8em;"> 153045607590 </div>	Physical Activity Time <div style="display: flex; justify-content: space-between; font-size: 0.8em;"> 153045607590 </div>	Physical Activity Time <div style="display: flex; justify-content: space-between; font-size: 0.8em;"> 153045607590 </div>	Physical Activity Time <div style="display: flex; justify-content: space-between; font-size: 0.8em;"> 153045607590 </div>
	Physical Activity List	Physical Activity List	Physical Activity List	Physical Activity List	Physical Activity List	Physical Activity List	Physical Activity List	Physical Activity List
	Less than 2 hours of recreational screen time <div style="display: flex; justify-content: space-around; font-size: 1.2em;"> 😊☹️ </div>	Less than 2 hours of recreational screen time <div style="display: flex; justify-content: space-around; font-size: 1.2em;"> 😊☹️ </div>	Less than 2 hours of recreational screen time <div style="display: flex; justify-content: space-around; font-size: 1.2em;"> 😊☹️ </div>	Less than 2 hours of recreational screen time <div style="display: flex; justify-content: space-around; font-size: 1.2em;"> 😊☹️ </div>	Less than 2 hours of recreational screen time <div style="display: flex; justify-content: space-around; font-size: 1.2em;"> 😊☹️ </div>	Less than 2 hours of recreational screen time <div style="display: flex; justify-content: space-around; font-size: 1.2em;"> 😊☹️ </div>	Less than 2 hours of recreational screen time <div style="display: flex; justify-content: space-around; font-size: 1.2em;"> 😊☹️ </div>	Less than 2 hours of recreational screen time <div style="display: flex; justify-content: space-around; font-size: 1.2em;"> 😊☹️ </div>
W e e k 4	Physical Activity Time <div style="display: flex; justify-content: space-between; font-size: 0.8em;"> 153045607590 </div>	Physical Activity Time <div style="display: flex; justify-content: space-between; font-size: 0.8em;"> 153045607590 </div>	Physical Activity Time <div style="display: flex; justify-content: space-between; font-size: 0.8em;"> 153045607590 </div>	Physical Activity Time <div style="display: flex; justify-content: space-between; font-size: 0.8em;"> 153045607590 </div>	Physical Activity Time <div style="display: flex; justify-content: space-between; font-size: 0.8em;"> 153045607590 </div>	Physical Activity Time <div style="display: flex; justify-content: space-between; font-size: 0.8em;"> 153045607590 </div>	Physical Activity Time <div style="display: flex; justify-content: space-between; font-size: 0.8em;"> 153045607590 </div>	
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Cadet's Signature: _____ Date: _____ Supervisor's Signature: _____ Date: _____