

Concept Nutrition Physical Activity Tracker (Giselle)

Week beginning _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise - Light Goal: Walk to train station and back 4 times per week (Mon, Tues, Wed, Thurs).	✓	✓	✓		✓		
Exercise – Moderate Goal: Ice skate 1 time per week (Sun).							✓
Exercise – Light Goal: Cycle 1 hour per week (Sat).						✓	
Exercise – Moderate Goal: Belly dancing 1 hour per week (Thurs).				✓			Awesome! Reward with massage! 😊

Remember, success begets success. The strength of this system is its simplicity. Do not underestimate it!