

Directions: Color in the number for each day you get a workout in. Walk, run, strength train, stretch, yoga, aerobics, work out to a video or something on You tube. Basically, any movement that gets you up and does your body good: count it! If by chance you miss a day put a dot on that day as a reminder you have to do better tomorrow. Use this as your own personal accountability.



OCTOBER

NOVEMBER



DECEMBER

YOU CAN
do this