

My **S.M.A.R.T.** goals for this week of \_\_\_\_\_ to \_\_\_\_\_:

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What I did	RPE during activity	When I did it and for how many minutes							Total activity minutes
		Mon	Tue	Wed	Thur	Fri	Sat	Sun	
<b>Total number of minutes I was active this week:</b>									

Did I **Meet or Exceed** my goals this week?

- YES (Great job! Keep it up!)
- NO (Don't worry, you'll get it next week!)

My **Positive Actions** this week

- 
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Barriers that **Kept me From Being Active**

- 
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What I will do to **Overcome** those barriers

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