

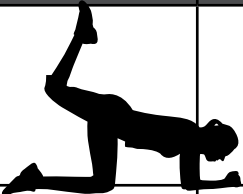




Name:

Date:

## Get Off the Couch!

Instructions: Use this guide to help you keep track of your daily exercise. Try fun and easy ways to “get off the couch” and become more physically fit!

5-Day Program	60-minute daily exercise log (activity, length of time)
<p>Day 1</p> 	
<p>Day 2</p> 	
<p>Day 3</p> 	
<p>Day 4</p>	
<p>Day 5</p>	