

COMMIT TO BE FIT

PRIMO

WEEKLY FITNESS TRACKER

NAME

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK ONE							
WEEK TWO							
WEEK THREE							
WEEK FOUR							
WEEK FIVE							
WEEK SIX							
WEEK SEVEN							
WEEK EIGHT							
WEEK NINE							
WEEK TEN							
WEEK ELEVEN							
WEEK TWELVE							

Exercise for 30 min of moderate activity for 5 days a week
(at least 150 minutes total a week)

