

Name: _____



The Movers

Week 1:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Activity								
Total Minutes Per Day								

"The secret of getting ahead is getting started." -- Agatha Christie

Name: _____



The Movers

Week 2:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Activity								
Total Minutes Per Day								

"The first wealth is health." -- Ralph Waldo Emerson

Name: _____



The Movers

Week 3:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Activity								
Total Minutes Per Day								

"Energy and persistence conquer all things." -- Benjamin Franklin

Name: _____



The Movers

Week 4:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Activity								
Total Minutes Per Day								

"Strength does not come from physical capacity. It comes from an indomitable will." -- Mahatma Gandhi