



# Get Moving Daily Tracker

Use this form to track your progress for each two-week round if you are unable to log daily online.

## Set Your Smart Goal for the two-week round:

- S**pecific.....What exactly do you want to achieve?
- M**easurable .....Can you chart your progress?
- A**ction Oriented.....Are the steps you're taking moving you closer to your goals?
- R**ealistic .....Achieving realistic goals will keep you motivated
- T**imed .....Set a target date to keep yourself on track

My **SMART** Weight Goal for Round One is: \_\_\_\_\_

### Weight

Mon ___/___	Tues ___/___	Wed ___/___	Thurs ___/___	Fri ___/___	Sat ___/___	Sun ___/___
Mon ___/___	Tues ___/___	Wed ___/___	Thurs ___/___	Fri ___/___	Sat ___/___	Sun ___/___

My **SMART** STEPS Goal for Round One is: \_\_\_\_\_

### Steps

Mon ___/___	Tues ___/___	Wed ___/___	Thurs ___/___	Fri ___/___	Sat ___/___	Sun ___/___
Mon ___/___	Tues ___/___	Wed ___/___	Thurs ___/___	Fri ___/___	Sat ___/___	Sun ___/___

My **SMART** Exercise Minutes Goal for Round One is: \_\_\_\_\_

### Exercise Minutes

Mon ___/___	Tues ___/___	Wed ___/___	Thurs ___/___	Fri ___/___	Sat ___/___	Sun ___/___
Mon ___/___	Tues ___/___	Wed ___/___	Thurs ___/___	Fri ___/___	Sat ___/___	Sun ___/___