vibrant
health and wellness

Daily Activity Sheet

Month _____

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Goal	Actual
Bike Riding																																	
Walking/Hiking																																	
Jogging																																	
Push-Ups																																	
Sit-Ups																																	
Weight Lifting																																	
Lunges																																	
Jump Rope																																	
Trampoline																																	
Swimming																																	
Yoga/Pilates																																	
Sauna																																	
Meditation																																	
Sun Exposure																																	
Leisure Activity																																	
Other																																	