

ACTIVITY TRACKER

How are you filling your summer days? Write down the activity and choose a color, then color in the box for each day you do that activity. For example, if you exercise every day and pick blue for exercise, color blue in the matching day you exercise. We've gotten you started with the first activity. Other suggestions include time with God, exercise, sleep, friend time—be sure to be specific about how many times or minutes you want to do each activity each day.

MONTH OF: Drink 6 glasses of water

DATE:

