

Try to increase my exercise/play minutes by a few minutes more every week!

	Week 1		Week 2		Week 3		Week 4	
	Minutes	Steps	Minutes	Steps	Minutes	Steps	Minutes	Steps
M								
T								
W								
T								
F								
S								
S								
<b>WEEKLY TOTAL</b>								

1) Log your dogs daily minutes 2) At the end of the week total the minutes 3) Your goal is to try to increase your dogs exercise/play minutes by 35 minutes from the previous weeks total