

Track your Challenge progress right here every week. Write down examples of your physical activities, add up your total minutes — and stay focused on your goal of 60 minutes every day!

WEEK 1

Monday School Activities: Home Activities: Total Minutes:	Tuesday School Activities: Home Activities: Total Minutes:	Wednesday School Activities: Home Activities: Total Minutes:	Thursday School Activities: Home Activities: Total Minutes:
Friday School Activities: Home Activities: Total Minutes:	Saturday/Sunday Home Activities: Total Minutes:	WEEK TOTAL Favorite Activities: Total Activity Time for the Week:	

WEEK 2

Monday School Activities: Home Activities: Total Minutes:	Tuesday School Activities: Home Activities: Total Minutes:	Wednesday School Activities: Home Activities: Total Minutes:	Thursday School Activities: Home Activities: Total Minutes:
Friday School Activities: Home Activities: Total Minutes:	Saturday/Sunday Home Activities: Total Minutes:	WEEK TOTAL Favorite Activities: Total Activity Time for the Week:	

WEEK 3

Monday School Activities: Home Activities: Total Minutes:	Tuesday School Activities: Home Activities: Total Minutes:	Wednesday School Activities: Home Activities: Total Minutes:	Thursday School Activities: Home Activities: Total Minutes:
Friday School Activities: Home Activities: Total Minutes:	Saturday/Sunday Home Activities: Total Minutes:	WEEK TOTAL Favorite Activities: Total Activity Time for the Week:	

WEEK 4

Monday School Activities: Home Activities: Total Minutes:	Tuesday School Activities: Home Activities: Total Minutes:	Wednesday School Activities: Home Activities: Total Minutes:	Thursday School Activities: Home Activities: Total Minutes:
Friday School Activities: Home Activities: Total Minutes:	Saturday/Sunday Home Activities: Total Minutes:	WEEK TOTAL Favorite Activities: Total Activity Time for the Week:	

