



SPRING INTO ACTION CHALLENGE – DAILY TRACKING SHEET

Every time you complete a physical activity, record the type of activity and amount of time, then calculate your total for each day. Pass the sheet to your team captain on Monday morning. Whatever you choose, have fun doing it! The Challenge: 30 Minutes a day for 5 days a week for six weeks!

Week:	Date:	Team:
Name:		
	Activity	Time (in minutes)
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Total Minutes this week:		
Total Days Active this week:		

(Please submit this sheet to your team captain every Monday morning)