



# ACTIVITY TRACKING SHEET

YOUR NAME

YOUR GOAL

	SUN	MON	TUE	WED	THUR	FRI	SAT	TOTAL
JAN 13 - JAN 19	KICK OFF							
JAN 20 - JAN 26								
JAN 27 - FEB 2								
FEB 3 - FEB 9				DAY 25				
FEB 10 - FEB 16								
FEB 17 - FEB 23								
FEB 24 - MAR 2								
MAR 3 - MAR 9	DAY 50							
MAR 10 - MAR 16								
MAR 17 - MAR 23								
MAR 24 - MAR 30					DAY 75			
MAR 31 - APR 6								
APR 7 - APR 13								
APR 14 - APR 20								
APR 21 - APR 27		DAY 100					FINALE	TOTAL

NOTE: TRACK MILES OR 30-MINUTE INCREMENTS OF ACTIVITY. 1 HALF HOUR = 1 MILE!

You can do it! If you skip a day, try to make it up later that week. Remember that 30 minutes of any activity that elevates your heart rate counts! Do what you love to do, listen to your body, and watch your overall health and stamina improve over 100 days.

