



Activity Tracking Sheet

Your Name	<input type="text"/>
Your Goal	<input type="text"/>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
JAN 8-14	KICK-OFF EVENT							
JAN 15-21								
JAN 22-28						GROUP WALK		
JAN 29- FEB 4					DAY 25			
FEB 5- 11								
FEB 12- 18		GROUP WALK						
FEB 19- 25							1/2 WAY SOCIAL	
FEB 26- MAR 3		HALF WAY						
MAR 4- 10								
MAR 11-17								
MAR 18-24						DAY 75		
MAR 25-31		GROUP WALK						
APR 1-7							GROUP WALK	
APR 8-14								
APR 15-16		DAY 100 + FINALE						TOTAL <input type="text"/>

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.

