

## DAILY ACTIVITY TRACKER FOR BE ACTIVE WI CHALLENGE

MON	TUES	WED	THUR	FRI	SAT	SUN

Record your daily active minutes above and record the weekly total with google docs link: <http://bit.ly/BeActiveMinutes>  
**Every Monday.**

**Weekly Total Active Minutes:** \_\_\_\_\_

### **Challenge Reminders:**

- Challenge begins Monday, March 1 and runs through Wednesday, March 31
- Record your weekly minutes online: <http://bit.ly/BeActiveMinutes>
  - A reminder email will be sent weekly!!!
- All active minutes count toward your total, so be sure to take good notes.
  - Set your own personal weekly goal or shoot for 200 minutes a week.

