

in motion™ CHALLENGE

TRACKING CALENDAR



MIDDLESEX - LONDON
Building Canada's
Healthiest Community

www.inmotion4life.ca

MONTH:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY TOTAL
Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	Minutes:
Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:
Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	Minutes:
Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:
Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	Minutes:
Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:
Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	Activity:	Minutes:
Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:

WEEK 1
WEEK 2
WEEK 3
WEEK 4
WEEK 5

- 1. SET YOUR MONTHLY GOAL** and enter in the box to the right.
- 2. TRACK YOUR PHYSICAL ACTIVITY** minutes for the month.
- 3. ADD UP YOUR TOTAL** and compare to your goal. *How did you do?*

MONTHLY GOAL:

_____ MINUTES

MONTHLY TOTAL!