

in motion™ TRACKING CALENDAR



MIDDLESEX - LONDON
Building Canada's
Healthiest Community

www.inmotion4life.ca

UP FOR THE COMMUNITY CHALLENGE?



GOAL: _____ MINUTES

MONTH: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	WEEK 1
Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	WEEK 2
Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	WEEK 3
Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	WEEK 4
Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	Activity: Minutes:	WEEK 5

1. **SET YOUR GOAL** and enter above.
2. **TRACK YOUR PHYSICAL ACTIVITY MINUTES** for the month. Add up your total minutes and enter above.
3. **OCTOBER CHALLENGE:** Enter the first 3 digits of your Postal Code to help track participation for the Challenge. Return your Tracking Calendar to any public library the first week of November.

WEEKLY TOTAL FOR MINUTES:

Week 1 Week 2 Week 3 Week 4 Week 5

Monthly Total: