

Injury Prevention Challenge

Activity Tracker

The Challenge

The Injury Prevention Challenge is an opportunity for you to create a healthy habit, one that is commonly overlooked. Movement and exercising on a regular basis is what makes your back and core strong. Participate in the challenge to learn how to prevent injury, though participation over the course of the campaign will not alone prevent injury.

The Goal

Place a check mark on each day that you participate in each week's prevention activity, provided on the list below. Earn one point for each day that you complete an activity. Earn at least 12 points by the end of the campaign to complete the challenge!

Try these activities

Week 1

During the work day, take a 10-minute break and go for a walk. Receive one point for each day you walk this week.

Week 2

Take the time to go through all the strength exercises on this week's flyer. Receive one point for each day you exercise this week.

Week 3

Take the time to go through all the stretches at your desk—located on this week's flyer. Receive one point for each day you stretch this week.

Week 4

Take the time to assess and correct your posture twice a day—in the morning and afternoon—according to this week's flyer. Receive one point for each day you assess and correct your posture this week.



Injury Prevention Challenge

Activity Tracker

Name _____

Over the next four weeks, participate in a prevention activity. Each week there is a different activity—talk a walk, strengthen, stretch, and assess your posture. Place a check mark on each day that you complete the week's prevention activity. Earn one point for each day that you complete an activity and aim for at least 12 points to complete the challenge!

	MON	TUES	WED	THU	FRI	POINTS
Week 1						_____
Week 2						_____
Week 3						_____
Week 4						_____

TOTAL POINTS: _____

Turn in your completed activity tracker to
_____ by _____.

