

Get Up & Move Challenge

Activity Tracker

Name _____

The Challenge

The Get Up and Move Challenge encourages you to participate in physical activity for at least 30 minutes every day. Try different activities from the list provided and find which you like best. Track your daily participation on this worksheet for four weeks to complete the challenge.

The Goal

Over the next four weeks participate in your favorite physical activity or try something new. On the activity calendar below, check a box for every 10 minutes of activity—earn one point by participating in physical activity for at least 30 minutes each day. Earn 14 points by the end of the campaign to complete the challenge.

Take a look at the sample week we created below.

	SUN	MON	TUES	WED	THU	FRI	SAT	POINTS
Example	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	3
	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

	SUN	MON	TUES	WED	THU	FRI	SAT	POINTS
Week 1	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	_____
Week 2	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	_____
Week 3	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	_____
Week 4	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	_____

Turn in your completed activity tracker to _____ by _____.

GRAND TOTAL _____

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Need ideas for physical activities? Try some of these!

- ✿ Rollerblading
- ✿ Workout video
- ✿ Gym classes
- ✿ Sports league activities or games
- ✿ Dancing
- ✿ Walking (around the parking lot, up and down stairs, laps around the mall)
- ✿ Rock climbing
- ✿ Biking
- ✿ Zumba
- ✿ Wii Sports
- ✿ Swimming
- ✿ Mowing the lawn
- ✿ Kickboxing