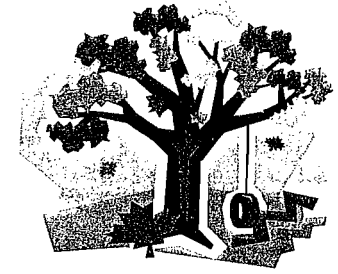


Fall Into Fitness



Name: _____

Week 1:	Total Minutes
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Week 3:	Total Minutes
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Here's how it works:

- Each day, you will record your daily minutes of exercise on your daily tracking sheet.
- Exercise can be completed anywhere.
- For every 75 minutes of exercise you will receive a leaf to add to the "Tree of Fitness".
- Each leaf earns you a chance to win one of many prizes!

Week 2:	Total Minutes
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Week 4:	Total Minutes
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Daily Tracking Sheet

Fall Into Fitness



Name: _____

Week 5:	Total Minutes
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Week 6:	Total Minutes
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Here's how it works:

- Each day, you will record your daily minutes of exercise on your daily tracking sheet.
- Exercise can be completed anywhere.
- For every 75 minutes of exercise you will receive a leaf to add to the "Tree of Fitness".
- Each leaf earns you a chance to win one of many prizes!

Daily Tracking Sheet