

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?*

ARE YOU TAKING THE OCTOBER CHALLENGE? Enter the first 3 digits of your postal code (_ _ _) to help track Challenge participation. Return your Tracking Calendar to any public library the first week of November.

MONTHLY GOAL:
_____ MINUTES

MONTHLY TOTAL!