



# After the Challenge

## Activity Tracking Sheet

Keep it rolling after the Get Outside Challenge and set a goal to get outside for at least one 20-minute session a day. Use this tracker to encourage yourself and others in the group to keep staying active.

Your Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Name as it appears on Facebook: \_\_\_\_\_

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						May 1
2	3	4	5	6	7	8
<b>9</b> Mother's Day	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	<b>31</b> Memorial Day	June 1	2	3	<b>4</b>	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
<b>20</b> Father's Day	21	22	23	24	25	26
27	28	29	30	July 1	2	3
<b>4</b> Independence Day	<b>5</b>	6	7	8	9	10
11	12	13	14	15	16	17

Sun	Mon	Tue	Wed	Thu	Fri	Sat
18	19	20	21	22	23	24
25	26	27	28	29	30	31
August 1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	September 1	2	3	4
5 Labor Day	<b>6</b>	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	October 1	2
3	4	5	6	7	8	9
10 Columbus Day	<b>11</b>	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
<b>31</b> Halloween	November 1	2	3	4	5	6
7	8	9	10	<b>11</b> Veterans Day	12	13
14	15	16	17	18	19	20
21	22	23	24	<b>25</b> Thanksgiving Day	26	27
29	30	31	December 1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	<b>25</b> Christmas
26	27	28	29	30	31	<b>January 1</b> New Years