



Spring Into Fitness Tracking Form

May 1st - 31st Goal: 400 minutes

Name: _____ Dept: _____ Contact# _____

Use this form for convenient daily tracking of your continuous moderate intensity physical activity - at least 10 minutes at a time.
Please turn in your Tracking Form to your *inHealth* Champion/local HR Representative by June 10th in order to be entered in the raffle.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Minutes Total
1	2	3	4	5	6	7	Week 1
8	9	10	11	12	13	14	Week 2
15	16	17	18	19	20	21	Week 3
22	23	24	25	26	27	28	Week 4
29	30	31					Week 5

What Is Moderate Physical Activity?

Moderately-intense activities, when performed daily, can have long-term health benefits. They help lower the risk of cardiovascular diseases.

- Walking, hiking, dancing, jogging
- Housework, gardening, yard work
- Recreational activities such as tennis, racquetball, soccer, or basketball

Add up all
Weekly Minutes for
Your Challenge Total:

--