

Maryland MOVE Challenge Activity Tracker

Name: _____

School Name: _____

Team Name: _____

STEP 1: CHOOSE HOW YOU'LL MOVE!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Week 1:	November 1	November 2	November 3	November 4	November 5	November 6	November 7	Weekly Total
Nov 1- Nov 7	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.
Week 2:	November 8	November 9	November 10	November 11	November 12	November 13	November 14	Weekly Total
Nov 8 – Nov 14	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.
Week 3:	November 15	November 16	November 17	November 18	November 19	November 20	November 21	Weekly Total
Nov 15 – Nov 21	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.
Week 4:	November 22	November 23	November 24	November 25	November 26	November 27	November 28	Weekly Total
Nov 22 – Nov 28	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.

**SEND
TOTAL TO
COACH**

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TOTAL TO
COACH**

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COACH**

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TOTAL TO
COACH**

STEP 2: WRITE THE NUMBER OF MINUTES YOU MOVED EACH DAY ON THE CALENDAR.

**Special
Olympics
Maryland**



Special Olympics
**Unified Champion
Schools**

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Name: _____

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Week 5:	November 29	November 30	December 1	December 2	December 3	December 4	December 5	Weekly Total
Nov 29 – Dec 5	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.	_____min.
Week 6:	December 6	December 7	December 8	December 9	December 10	December 11	December 12	Weekly Total
Dec 6 – Dec 12	_____min	_____min	_____min	_____min	_____min	_____min	_____min	_____min.

**SEND
TOTAL TO
COACH**

**SEND
TOTAL TO
COACH**

STEP 3: ADD UP THE MINUTES YOU EXERCISED EACH WEEK AND PUT THE TOTALS HERE:

_____ TOTAL MINUTES: WEEK 1,

_____ TOTAL MINUTES: WEEK 2,

_____ TOTAL MINUTES: WEEK 3,

_____ TOTAL MINUTES: WEEK 4,

_____ TOTAL MINUTES: WEEK 5,

_____ TOTAL MINUTES: WEEK 6,

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