

90 Day Fit 5 Fitness Challenge: Physical Activity Tracker

STEP 1: CHOOSE TO MOVE! WRITE IN HOW MANY MINUTES YOU EXERCISED FOR EACH DAY

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

ENDURANCE IS THE ABILITY OF YOUR BODY TO KEEP MOVING FOR LONG PERIODS OF TIME. ENDURANCE CAN HELP YOU RUN FURTHER DISTANCES WITHOUT STOPPING AND PRACTICE LONGER WITH FEWER BREAKS

Special Olympics
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
April 3	April 4	April 5	April 6	April 7	April 8	April 9	Weekly Total
_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min	_____ min	_____ min.
April 10	April 11	April 12	April 13	April 14	April 15	April 16	Weekly Total
_____ min	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min.
April 17	April 18	April 19	April 20	April 21	April 22	April 23	Weekly Total
_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min	_____ min	_____ min.
April 24	April 25	April 26	April 27	April 28	April 29	April 30	Weekly Total
_____ min	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min	_____ min.

STRENGTH IS THE ABILITY OF YOUR BODY TO DO WORK. STRENGTH GIVES YOU THE ABILITY TO JUMP HIGHER. THROW FARTHER, AND SPRINT FASTER

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



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
June 5	June 6	June 7	June 8	June 9	June 10	June 11	Weekly Total
_____min.	_____min.	_____min.	_____min.	_____min.	_____min	_____min	_____min.
June 12	June 13	June 14	June 15	June 16	June 17	June 18	Weekly Total
_____min	_____min	_____min	_____min	_____min	 _____min	_____min.	_____min.
June 19	June 20	June 21	June 22	June 23	June 24	June 15	
June 26	June 27	June 28	June 29	June 30			



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STEP 2: ADD UP THE MINUTES YOU EXERCISED EACH MONTH AND PUT THE TOTALS HERE:

_____ TOTAL MINUTES: MARCH

_____ TOTAL MINUTES: APRIL

_____ TOTAL MINUTES: MAY

_____ TOTAL MINUTES: JUNE

STEP 3 - REFLECT: HOW DID YOU CHOOSE TO MOVE? WHAT DID YOU NOTICE WHEN COMPLETING THIS 90 DAY CHALLENGE?:

