

Name: _____

School Name: _____

Team Name: _____

Maryland MOVE Challenge Activity Tracker

CHOOSE HOW YOU'LL MOVE AND WRITE IN YOUR TOTAL MOVE MINUTES EACH DAY!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Week 1:	May 2	May 3	May 4	May 5	May 6	May 7	May 8	Weekly Total
<i>National Physical Education & Sports Week!</i>	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.
						NATIONAL FITNESS DAY		
Week 2:	May 9	May 10	May 11	May 12	May 13	May 14	May 15	Weekly Total
	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.
Week 3:	May 16	May 17	May 18	May 19	May 20	May 21	May 22	Weekly Total
	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.
Week 4:	May 23	May 24	May 25	May 26	May 27	May 28	May 29	Weekly Total
	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.	_____ min.

SEND
TOTAL TO
COACH

SEND
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COACH

SEND
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Special Olympics
Unified Champion Schools

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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

REFLECTION

HOW MANY DAYS A WEEK DID YOU MOVE? WHAT ACTIVITIES KEPT YOU MOVING THROUGHOUT THIS PAST MONTH?

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Schools**