

Employee Wellness

Stick to It Tracker

	30 minutes of physical activity	Total number of activity minutes
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		
Day 8		
Day 9		
Day 10		
Day 11		
Day 12		
Day 13		
Day 14		
Day 15		
Day 16		
Day 17		
Day 18		
Day 19		
Day 20		
Day 21		
Day 22		
Day 23		
Day 24		
Day 25		
Day 26		
Day 27		
Day 28		
Day 29		
Day 30		
Day 31		

How many days in a row can you get at least 30 minutes of physical activity?

Use this tracking sheet to mark each day that you are physically active for 30 minutes.

Let us celebrate your achievement by clicking here!

You will also be entered into a drawing for a chance to win a prize! The link will ask you for the number of days in a row you were active plus your overall activity minutes for the month.

