CHALLENGE 01

MOVEMENT TRACKER

Activity 1:

Choose 4 activities and track them to enhance your daily movement.

Week		Mon	1	Tue	l	Wed	I	Thu		Fri	Sat	1	Sun

Activity 2:

Week	1	Mon		Tue	I	Wed	Thu	Fri	1	Sat	1	Sun
			1		1							

Activity 3:

Week	1	Mon		Tue		Wed	Thu		Fri		Sat	-	Sun
					1								
	-		+		+			+		+		+	
					Т							+	

Activity 4:

W	Veek	1	Mon	1	Tue	I	Wed	1	Thu		Fri	I	Sat	1	Sun
		+		+		+		+		H		+		+	
		+				Ŧ		H		H		Ŧ		+	

