















WEEK #1 TRACKER

Name: _____ Team/School: _____

	March 2	March 3	March 4	March 5	March 6	March 7	March 8
Check off each day you are active in the boxes below. Any activity counts!							
<input checked="" type="checkbox"/>	<input type="checkbox"/> Training Tuesday	<input type="checkbox"/> Wellness Wednesday	<input type="checkbox"/> Turn It Up Thursday	<input type="checkbox"/> Feel Good Friday	<input type="checkbox"/> Strength Saturday	<input type="checkbox"/> Stride Sunday	<input type="checkbox"/> Mindfulness Monday
SONC Activity	<p>Write a goal on the front of your playbook!</p> 	<p>Learn a new exercise to help you get your ZZZs!</p> 	<p>Let's start by getting to know our strengths!</p> 	<p>Help your muscles feel good by trying these stretches.</p> 	<p>Time to boost your balance with this strength routine!</p> 	<p>Start with a slow walk in your favorite spot. Where did you walk?</p> <p>_____</p> 	<p>Try bedtime yoga to help you sleep!</p> 
Did you do something different? Write it here.							
Did you Power Up by getting your Scheduled ZZZs?	Yes I did!  <input type="checkbox"/>	Yes I did!  <input type="checkbox"/>	Yes I did!  <input type="checkbox"/>	Yes I did!  <input type="checkbox"/>	Yes I did!  <input type="checkbox"/>	Yes I did!  <input type="checkbox"/>	Yes I did!  <input type="checkbox"/>