
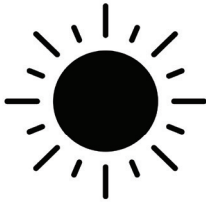














WEEK #2 TRACKER

Name: _____ Team/School: _____

	March 9	March 10	March 11	March 12	March 13	March 14	March 15
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	Build those running and walking muscles! 	Try your hands at this "sun" activity! 	Challenge someone to this week's Turn it Up Thursday competition! 	15 minutes of "you" time - what activity did you do? _____ 	Getting our chops in! 	SUNday Scavenger Hunt! How many objects did you find? _____ 	Let's practice Strong Breathing! 
Did you do something different? Write it here.							
Did you Power Up by getting 20 in the Sun?	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"/>