

WEEK #4 TRACKER

Name: _____ Team/School: _____

March 23

March 24

March 25

March 26

March 27

March 28

March 29

Check off each day you are active in the boxes below. Any activity counts!



Training
Tuesday



Wellness
Wednesday



Turn It Up
Thursday



Feel
Good
Friday



Strength
Saturday



Stride
Sunday



Mindfulness
Monday

SONC
Activity

Today is all about **building those arm muscles!**



Let's hear your **handwashing singing voice!**
What song did you sing?



Get your dance on!



Every time you reach, you stretch.



Get schooled on **strength!**



Gearing up to **go the distance!**



Let's think positive thoughts!



Did you do something different?
Write it here.

Did you Power Up by remembering to wash your hands?

Yes I did!



Yes I did!



Yes I did!



Yes I did!



Yes I did!



Yes I did!



Yes I did!

