




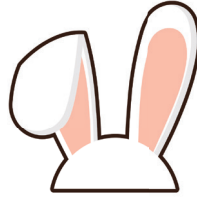









# WEEK #5 TRACKER

Has this program helped you feel happier and healthier? **Yes** **No**

Name: \_\_\_\_\_ Team/School: \_\_\_\_\_

	March 30	March 31	April 1	April 2	April 3	April 4	April 5
<b>Check off each day you are active in the boxes below. Any activity counts!</b>							
<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>Powering Up with an explosive workout today!</p> 	<p>No-Bake Peanut Butter, Chocolate Chip Energy Balls - <b>YUM!</b></p> 	<p>Play <b>Every Minute On the Minute</b> or EMOM!</p> 	<p>Take 10 minutes to <b>be quiet, stretch and breathe.</b></p> 	<p><b>Strength Challenge!</b></p> 	<p><b>Happy Easter!</b> What did you spy on your walk today?</p> <hr/> 	<p><b>Are you on track to meet your goal for Partner Up Power Up?</b> Circle below:</p> <p style="text-align: center;"><b>Yes</b></p> <p style="text-align: center;"><b>No</b></p> <p style="text-align: center;"><b>Getting There</b></p>
Did you do something different? Write it here.							
Did you Power Up by choosing a healthy snack every day?	<p>Yes I did!</p>  <input type="checkbox"/>	<p>Yes I did!</p>  <input type="checkbox"/>	<p>Yes I did!</p>  <input type="checkbox"/>	<p>Yes I did!</p>  <input type="checkbox"/>	<p>Yes I did!</p>  <input type="checkbox"/>	<p>Yes I did!</p>  <input type="checkbox"/>	<p>Yes I did!</p>  <input type="checkbox"/>