















WEEK #6 TRACKER

Name: _____ Team/School: _____

	April 6	April 7	April 8	April 9	April 10	April 11	April 12
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	Jump for joy! Today, we're working on our jumping skills! 	Time for a hydration competition! Who won? _____ 	Time to get abs of steel! 	Start and end the day feeling good with morning and night stretch sessions! 	Clean space, strong body. 	Hit your water stride today! 	Work out your stress! 
Did you do something different? Write it here.							
Did you Power Up by completing the Hydration Stations?	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"/>

At the end of the week, share your tracker with your teacher/coach.