















# WEEK #7 TRACKER

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

|  | April 13  | April 14  | April 15   | April 16  | April 17  | April 18   | April 19   |
|--|---|---|--|---|---|--|--|
| 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  | <b>Build your arm strength</b><br>so you can throw farther!<br><br> | <b>Today, we floss!</b> Did you teach someone how to floss?<br><br> | Turn the rooms in your house into <b>different exercises.</b><br><br> | <b>Stretch with your meals!</b><br><br> | <b>Slo-mo Saturday!</b><br><br> | <b>Today, we are striding for our pearly whites!</b><br><br> | <b>Bedtime yoga!</b><br><br> |
| Did you do something different? Write it here.                             |   |   |  |   |   |  |  |
| Did you Power Up by fit brushing every day?                                | Yes I did!<br>   | Yes I did!<br>   | Yes I did!<br>  | Yes I did!<br>                         | Yes I did!<br>                 | Yes I did!<br>  | Yes I did!<br>              |

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