

WEEK #8 TRACKER

Name: _____ Team/School: _____

April 20

April 21

April 22

April 23

April 24

April 25

April 26

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

Let's work on getting faster with today's exercises!



Do something creative! What did you do or make?



Try your luck at today's workout!



Today is all about you and what makes you happy!



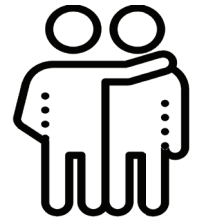
Ignite your endurance with these exercises!



Kick your Stride Sunday up a notch!



Strong Support: who is your biggest support system?



Did you do something different? Write it here.

Did you Power Up by taking 15 minutes of "You Time" every day?

Yes I did!



Yes I did!



Yes I did!



Yes I did!



Yes I did!



Yes I did!



Yes I did!



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