MOVE & groove

JANUARY TRACKER

|  |  |  |
| --- | --- | --- |
| DATE | ACTIVITY | MINUTES |
| 1/2/21 | Walking | 20 minutes |
| 1/3/21 | Yoga | 15 minutes |
| 1/4/21 | Walking | 15 minutes |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |



MOVE & groove

WHAT ARE SOME OF YOUR FAVORITE ACTIVITIES TO GET ACTIVE?

ACTIVITY

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

