



SONA Move Challenge Tracker

Write down the number of minutes you exercise each day and the activity (or activities) you did on the calendar.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Week 1: April 12-18								
Week 2: April 19-25								
Week 3: April 26- May 2								
Week 4: May 3-9								



SONA Move Challenge Tracker

Write down the number of minutes you exercise each day and the activity (or activities) you did on the calendar.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Week 5: May 10-16								
Week 6: May 17-23								
Week 7: May 24-30								
Week 8: May 31- June 6								