

No matter how slow you are, you are still lapping everyone on the couch!!



Vitality Exercise Challenge February 1st through February 28!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Days
Week 1 Feb 1 - 7	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	
Week 2 Feb 8 - 14	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	
Week 3 Feb 15 - 21	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	
Week 4 Feb. 22 - 28	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	Activity: _____ Duration: _____	

Total Amount of Time I Exercised: _____

Name : _____

Total Amount of Days I Exercised: _____