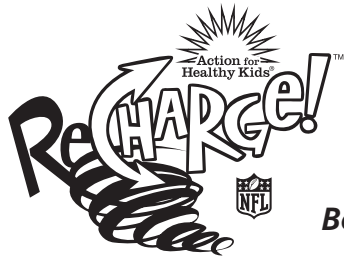


Rookie Tracker

Name: _____

Week: _____



THE PRESIDENTIAL ACTIVE LIFESTYLE AWARD IS
A PART OF THE PRESIDENT'S CHALLENGE PROGRAM

TRACKING YOUR "ENERGY OUT"

Be physically active for at least 60 minutes each day. Track at least five days per week!

	ACTIVITIES	MINUTES	WERE YOU ACTIVE FOR 60+ MINUTES TODAY?
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			