

Veteran Tracker



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



Name: _____

Week: _____

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			