TRACKING LOG

athletes for HOPE

NAME: _____ MONTH: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
☐ Daily Fitness Challenge ☐ 30 minutes of walking/running	☐ Daily Fitness Challenge ☐ 30 minutes of walking/running	☐ Daily Fitness Challenge ☐ 30 minutes of walking/running	☐ Daily Fitness Challenge ☐ 30 minutes of walking/running	☐ Daily Fitness Challenge ☐ 30 minutes of walking/running	☐ Daily Fitness Challenge ☐ 30 minutes of walking/running	☐ Daily Fitness Challenge ☐ 30 minutes of walking/running
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