



600-Minute Challenge Tracking Sheet

DIRECTIONS: Use this tracking sheet to track your daily physical activity minutes during your workday. Any movement during your day can count as physical activity minutes (e.g. walking, stretching, etc.).

	<u>WEEK 1</u>	<u>WEEK 2</u>	<u>WEEK 3</u>	<u>WEEK 4</u>
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
TOTAL MINUTES PER WEEK				

Name: _____ **Department/Agency:** _____