



Get Fit, Bit By Bit Challenge Tracking Sheet

Give yourself one point per activity each day you do any of the activities listed on the handouts provided. Aim to complete at least five activities each day. Keep each other motivated! Share your photos with us on social media. Tag us on [Facebook](#) or [Instagram](#).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Weekly Points
Week 1								
Week 2								
Week 3								
Week 4								

*Please consult with your doctor before beginning an exercise program.