SPRING FITNESS
CHALLENGE

April 2 – May 13, 2012

Goal: 600 points (1 minute = 1 point)

Use this form for convenient daily tracking.

Remember to record all of your entries online by May 21, 2012.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Week Total
	April 2	April 3	April 4	April 5	April 6	April 7	
April 8	April 9	April 10	April 11	April 12	April 13	April 14	
April 15	April 16	April 17	April 18	April 19	April 20	April 21	
April 22	April 23	April 24	April 25	April 26	April 27	April 28	
April 29	April 30	May 1	May 2	May 3	May 4	May 5	
May 6	May 7	May 8	May 9	May 10	May 11	May 12	
May 13							

Total

How To Track Your Physical Activity:

1. Select the date.
2. Enter the number of points/minutes you were active for that day.
3. Record your points/minutes online at the Dela*WELL* Health Portal – https://delawell.alerehealth.com.

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DelaWELL — Placing Delaware at the Forefront of Wellness

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