


## Exercise Tracker: Move for 52 minutes five days per week!

Countdown Exercise Tracker	"Move It! Move It!"	"Don't just stand there, move!"
<b>Goal: Check off 5 of 7 days.</b>	Check if complete	Check if complete
Day 52		
Day 51		
Day 50		
Day 49		
Day 48		
Day 47		
Day 46		
<b>Goal: Check off 5 of the next 7 days.</b>		
Day 45		
Day 44		
Day 43		
Day 42		
Day 41		
Day 40		
Day 39		

Countdown Exercise Tracker	"Move It! Move It!"	"Don't just stand there, move!"
<b>Goal: Check off 5 of 7 days.</b>	Check if complete	Check if complete
Day 38		
Day 37		
Day 36		
Day 35		
Day 34		
Day 33		
Day 32		
<b>Goal: Check off 5 of the next 7 days.</b>		
Day 31		
Day 30		
Day 29		
Day 28		
Day 27		
Day 26		
Day 25		

Countdown Exercise Tracker	"Move It! Move It!"	"Don't just stand there, move!"
<b>Goal: Check off 5 of 7 days.</b>	Check if complete	Check if complete
Day 24		
Day 23		
Day 22		
Day 21		
Day 20		
Day 19		
Day 18		
<b>Goal: Check off 5 of the next 7 days.</b>		
Day 17		
Day 16		
Day 15		
Day 14		
Day 13		
Day 12		
Day 11		

Countdown Exercise Tracker	"Move It! Move It!"	"Don't just stand there, move!"
<b>Goal: Check off 5 of 7 days.</b>	Check if complete	Check if complete
Day 10		
Day 9		
Day 8		
Day 7		
Day 6		
Day 5		
Day 4		
<b>Goal: Check off 5 of the next 7 days.</b>		
Day 3		
Day 2		
Day 1		
		

Appendix D