

# Take Action! Weekly Participant Tracking Cards

(cut)

(cut)



Take Action! A Worksite Employee Wellness Program

## Physical Activity Weekly Tracking Card

NAME \_\_\_\_\_

TEAM NAME \_\_\_\_\_

Participation in *Take Action!* is voluntary. Funded by the USDA's Food Stamp Program, an equal opportunity provider and employer.



Take Action! A Worksite Employee Wellness Program

## Physical Activity Weekly Tracking Card

NAME \_\_\_\_\_

TEAM NAME \_\_\_\_\_

Participation in *Take Action!* is voluntary. Funded by the USDA's Food Stamp Program, an equal opportunity provider and employer.

FOLD



Daily Goal \_\_\_\_\_

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Total Daily Minutes							

Please turn in this card each week to your Team Captain.

Week # \_\_\_\_\_ Date \_\_\_\_\_



Daily Goal \_\_\_\_\_

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Total Daily Minutes							

Please turn in this card each week to your Team Captain.

Week # \_\_\_\_\_ Date \_\_\_\_\_

(cut)



Take Action! A Worksite Employee Wellness Program

## Physical Activity Weekly Tracking Card

NAME \_\_\_\_\_

TEAM NAME \_\_\_\_\_

Participation in *Take Action!* is voluntary. Funded by the USDA's Food Stamp Program, an equal opportunity provider and employer.



Take Action! A Worksite Employee Wellness Program

## Physical Activity Weekly Tracking Card

NAME \_\_\_\_\_

TEAM NAME \_\_\_\_\_

Participation in *Take Action!* is voluntary. Funded by the USDA's Food Stamp Program, an equal opportunity provider and employer.

FOLD



Daily Goal \_\_\_\_\_

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Total Daily Minutes							

Please turn in this card each week to your Team Captain.

Week # \_\_\_\_\_ Date \_\_\_\_\_



Daily Goal \_\_\_\_\_

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Total Daily Minutes							

Please turn in this card each week to your Team Captain.

Week # \_\_\_\_\_ Date \_\_\_\_\_

(cut)

For more information about fruits, vegetables, and physical activity, visit us at [www.cachampionsforchange.net](http://www.cachampionsforchange.net) or call 1-888-328-3483. Funded by the USDA's Food Stamp Program, an equal opportunity provider and employer.