A Physical Activity—

Take Action! Weekly ParticipantTracking Cards

| ⊱ (cut) | | | | | | | | X | | | | | | | | | |
|---------|--|--|---------|--------|-----|-----|-----|---------------------------|--|--|-----|-------|-----|-----|-------------|--|--|
| | Take Action! A Worksite Employee Wellness Program Physical Activity Weekly Tracking Card | | | | | | | | Take Action! A Worksite Employee Wellness Program Physical Activity Weekly Tracking Card | | | | | | | | |
| | | NAME TEAM NAME | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | |
| FOLD | Participation equal opportu | Participation in <i>Take Action!</i> is voluntary. Funded by the USDA's Food Stamp Program, an equal opportunity provider and employer. | | | | | | | | | | | | | | | |
| | ~ |) 🧠 | aily Go | | | | | ~ | 5 | | | | | | Maria Salar | | |
| | | Daily Goal | | | | | | | | | | | | | | | |
| | Total Daily Minutes | Mon Tues | Wed | Thurs | Fri | Sat | Sun | Total Daily Minutes | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | | |
| | Plea | Please turn in this card each week to your Team Captain. | | | | | | | | | | | | | | | |
| | W | Week # Date | | | | | | | | | | | | | | | |
| FOLD | Vetwork for a Newtity Californ | 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 | ~ | ~ | 5 | | | | | | | | | | | | | | |
| | | Daily Goal Mon Tues Wed Thurs Fri Sat Sun | | | | | | | | | | | | | | | |
| | Total Daily Minutes | Mon Tues | Wed | Thurs | Fri | Sat | Sun | Total Daily Minutes | WOIT | Tues | Weu | murs | | Jac | Sun | | |
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| | W | /eek # | | _ Date | | | | Week # Date | | | | | | | | | |
| ⊱ (cut) | | | | | | | | | | | | | | | | | |

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

Take Action! Physical Activity—Weekly Participant Tracking Cards