

# Employee Wellness

# Physical Activity Tracker

|        | Total Minutes | Activity Type |
|--------|---------------|---------------|
| Day 1  |               |               |
| Day 2  |               |               |
| Day 3  |               |               |
| Day 4  |               |               |
| Day 5  |               |               |
| Day 6  |               |               |
| Day 7  |               |               |
| Day 8  |               |               |
| Day 9  |               |               |
| Day 10 |               |               |
| Day 11 |               |               |
| Day 12 |               |               |
| Day 13 |               |               |
| Day 14 |               |               |
| Day 15 |               |               |
| Day 16 |               |               |

|        | Total Minutes | Activity Type |
|--------|---------------|---------------|
| Day 17 |               |               |
| Day 18 |               |               |
| Day 19 |               |               |
| Day 20 |               |               |
| Day 21 |               |               |
| Day 22 |               |               |
| Day 23 |               |               |
| Day 24 |               |               |
| Day 25 |               |               |
| Day 26 |               |               |
| Day 27 |               |               |
| Day 28 |               |               |
| Day 29 |               |               |
| Day 30 |               |               |
| Day 31 |               |               |



How many minutes of physical activity can you get this month?

The daily physical activity recommendation for adults is 60 minutes a day.

Track your daily minutes and activity type using this tracking sheet.

**Let us celebrate your achievement by clicking here!**

*You will also be entered into a drawing for a chance to win a prize! The link will ask you for your total minutes and activities performed.*

