The Bulldog Challenge Tracking Sheet

October

Name/Teacher:
Welness Goal:

Tracking Sheet Instructions:
1.Fill in date of activity
2.Place number of activity completed in activity box. See activity categories below.
3. Type in activity length in minutes.
4.Place an "X" in column if exercised with family member or friend.
5. Complete daily. Return electronically by the first Wednesday of month to blytheparkpta@yahoo.com.

Date	Activity Number	Activity Length (Minutes)	Activity Points	"X" if exercised with family member or friend.	Bonus Points	Total Points
			0		0	0
			0		0	0
			0		0	0
			0		0	0
			0		0	0
			0		0	0
			0		0	0
			0		0	0
			0		0	0
			0		0	0
			0		0	0
			0		0	0
			0		0	0
			0		0	0
			0		0	0
			0		0	0
			0		0	0
			0		0	0
			0		0	0
			0		0	0
			0		0	0
			0		0	0
			0		0	0
			0		0	0
			0		0	0
			0		0	0
			0		0	0
			0		0	0
			0		0	0
			0		0	0
			0		0	0
Monthy miminum goal = 24 points. Monthly maximum goal=32 points.					Total	0

Activity Categories:
1 Team Sports
2 Individual Sports
3 Outside
4 Dance
5 Other