

BACK 2 BASICS




21-DAY HABIT TRACKER: 1 HOUR OR MORE OF PHYSICAL ACTIVITY!

FILL IN a play icon for every 10 minutes you are active for the next 21 days! If all six play icons are filled in, then you have reached 1 hour! After each week, write how being active made you feel to make a habit of daily physical activity!

NAME: _____


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


Day 17


Day 18


Day 19


Day 20


Day 21


This week being active made me feel...



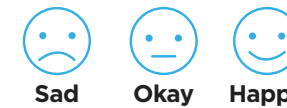
Sad Okay Happy

This week being active made me feel...



Sad Okay Happy

This week being active made me feel...



Sad Okay Happy

Return to your Hy-Vee customer service for a prize!

Hy-Vee
JOIN THE KIDSFIT CLUB

Sign up today at Hy-VeeKidsFit.com

SCAN HERE TO LEARN MORE!

