

HAVE SOME FUN TRACKER

Track and mark your actions each day to have an awesome week

Name _____ Date _____



ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ATE BREAKFAST					
DID A HAPPY DANCE					
DID 6 JUMPING JACKS					
STAYED HYDRATED					
TOUCHED MY TOES 10 TIMES					
ATE A SNACK					
HOPPED ON RIGHT LEG 10 SECONDS					
HOPPED ON LEFT LEG 10 SECONDS					
DID 5 SIT UPS					
TOTAL					