

Get a **HEART**

2019

HEALTHY start

- February 3, 2019 – March 2, 2019
- Goal is 150 minutes of EXERCISE per week
 - If goal is reached, you'll receive 10 points each week
 - DO NOT include your normal daily activity!

First & Last Name: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	Mar 1	2