

**Let’s Get Tracking!** Use this form to track your daily physical activity for the ParticipACTION Community Challenge! Make sure these minutes are recorded onto the [challenge website](https://www.participaction.com/programs/community-challenge/) **by June 30th** so they will go towards your community. **Every minute counts!**

WEEK OF:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ACTIVITY  What did you do? | DURATION  How long did you do it? | PARTICIPANTS  How many people took part? | TOTAL MINUTES |
| Monday |  |  |  |  |
| Tuesday |  |  |  |  |
| Wednesday |  |  |  |  |
| Thursday |  |  |  |  |
| Friday |  |  |  |  |
| Saturday |  |  |  |  |
| Sunday |  |  |  |  |