10-Minute Challenge

Tracking Sheet

The 10-Minute Challenge encourages you to practice healthy behaviors by eating healthier and moving more, just 10 minutes at a time! A list of 10-Minute Tips on how to fit these behaviors into our busy lives is provided. Earn a point each time you practice a 10-Minute Tip. Use this Tracking Sheet to record your points earned.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Weekly Points
Week 1								
Week 2								
Week 3								
Week 4								