



# DASH to the Dells

# JULY / 2021

## ACTIVITY TRACKER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Feel free to use any fitness app or this calendar to track daily activity minutes, when you reach 196 minutes, drop off a registration form at the designated locations, or use the online activity registration at <a href="http://crossingrivers.org/dash">crossingrivers.org/dash</a>. Enter each time you reach 196 minutes!</p>				1	2	3
4	5	6	7	8	9	10
<p>★ Start tracking your activity minutes!</p> <p>11</p>	12	13	14	<p>Log onto <a href="http://crossingrivers.org/dash">crossingrivers.org/dash</a> or drop off a registration slip each time you reach 196 minutes!</p> <p>15</p> <p>16</p> <p>17</p>		
18	19	20	21	22	23	24
25	26	27	28	29	30	31

**EXERCISE**  
not only changes your body, it changes your mind, your attitude and your mood.





# DASH to the Dells

# AUGUST / 2021

## ACTIVITY TRACKER

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
Don't forget to register each time you reach 196 minutes of activity!						
22	23	24	25	26	27	28
29	30	31				



**EXERCISE TODAY  
BECAUSE YOU CAN.**



# DASH to the Dells

## ACTIVITY TRACKER

# SEPTEMBER / 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
★ Final deadline to register! 5	6	7	8	9	10	Drawing for Dash to the Dells at 11:00 a.m. Must be present to win. 11
12	13	14	<div style="border: 2px solid black; padding: 10px;">  <p><b>Livin' Well</b> LET'S RECONNECT Health and Wellness Fair</p> <p>Saturday, September 11, 2021 9 a.m. - 1 p.m. Crossing Rivers Health 37868 US Hwy 18 Prairie du Chien, WI</p> <p>Featuring 30+ vendors, Sheila the Draft Horse, Hackett's Magic Mirror, Speakers and More!</p> <p style="background-color: orange; color: white; padding: 5px; text-align: center;">Dash to the Dells Grand Prize drawing at 11:00 a.m. Must be present to win.</p> <p>Visit <a href="http://crossingrivers.org/livinwell">crossingrivers.org/livinwell</a> for up to date information.</p> </div>			
19	20	21				
26	27	28				

