



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 (round trip distance from Prairie du Chien to Wisconsin Dells), drop the completed registration form off at any of the designated locations, or use the online activity registration at crossingrivers.org/dash to submit. Enter each time you reach 196 minutes!</p>				1	2	3
4	5	6	7	8	9	10
★ Start tracking your activity minutes!				Log onto crossingrivers.org/dash or drop off a registration slip each time you reach 196 minutes!		
11	12	13	14	15	16	17
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

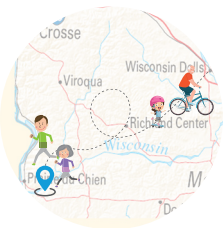
AUGUST / 2021

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

SEPTEMBER / 2021

ACTIVITY TRACKER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
★ Final deadline to register! 5	6	7	Drawing for Dash to the Dells. Need not be present to win. 8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

