



Lake Region Healthcare 2020 Health Challenge Weekly Activity Tracking Sheet

Use the chart to keep track of your daily physical activity. Convert any activity to miles using the conversion chart and

Submit Your Mileage Weekly at

www.lrhc.org/ExploreMore

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	WeekTotal
Week 1	Feb 23	Feb 24	Feb 25	Feb 26	Feb 27	Feb 28	Feb 29	
Week 2	Mar 1	Mar 2	Mar 3	Mar 4	Mar 5	Mar 6	Mar 7	
Week 3	Mar 8	Mar 9	Mar 10	Mar 11	Mar 12	Mar 13	Mar 14	
Week 4	Mar 15	Mar 16	Mar 17	Mar 18	Mar 19	Mar 20	Mar 21	
Week 5	Mar 22	Mar 23	Mar 24	Mar 25	Mar 26	Mar 27	Mar 28	
Week 6	Mar 29	Mar 30	Mar 31	Apr 1	Apr 2	Apr 3	Apr 4	
Week 7	Apr 5	Apr 6	Apr 7	Apr 8	Apr 9	Apr 10	Apr 11	
Week 8	Apr 12	Apr 13	Apr 14	Apr 15	Apr 16	Apr 17	Apr 18	
	Apr 19	Apr 20	Apr 21	Apr 22	Apr 23 EXPO & GRAND PRIZE DRAWING			