

MOVEMBER



MOVING FOR MEN'S HEALTH



Daily Totals

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DIRECTIONS: Complete 60 minutes of physical activity each week to earn Wellbeing Tickets. Track your daily minutes in the activity tracker to stay motivated and reach your goal. Every minute counts—stay active and support men's health!						1
						Total Minutes
2	3	4	5	6	7	8
Total Minutes	Total Minutes	Total Minutes	Total Minutes	Total Minutes	Total Minutes	Total Minutes
9	10	11	12	13	14	15
Total Minutes	Total Minutes	Total Minutes	Total Minutes	Total Minutes	Total Minutes	Total Minutes
16	17	18	19	20	21	22
Total Minutes	Total Minutes	Total Minutes	Total Minutes	Total Minutes	Total Minutes	Total Minutes
23	24	25	26	27	28	29
Total Minutes	Total Minutes	Total Minutes	Total Minutes	Total Minutes	Total Minutes	Total Minutes
30						
Total Minutes						

Weekly Totals

WEEK 1 November 1 - 8	WEEK 2 November 9 - 15	WEEK 3 November 16 - 22	WEEK 4 November 23 - 30