## **Employee Wellness**

## Stick to It Tracker

Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7 Day 8 Day 9 Day 10 Day 11 Day 12 Day 13 Day 14 Day 15 Day 16 Day 17 Day 18 Day 19 Day 20 Day 12 Day 22 Day 23 Day 24 Day 25 Day 26 Day 27 Day 28 Day 29 Day 30 Day 31		30 minutes of physical activity	Total number of activity minutes
Day 3 Day 4 Day 5 Day 6 Day 7 Day 8 Day 9 Day 10 Day 11 Day 12 Day 13 Day 14 Day 15 Day 16 Day 17 Day 18 Day 19 Day 20 Day 22 Day 23 Day 24 Day 25 Day 26 Day 29 Day 30	Day l		
Day 4 Day 5 Day 6 Day 7 Day 8 Day 9 Day 10 Day 11 Day 12 Day 13 Day 14 Day 15 Day 16 Day 17 Day 18 Day 19 Day 20 Day 22 Day 23 Day 24 Day 25 Day 26 Day 27 Day 28 Day 29 Day 30	Day 2		
Day 5 Day 6 Day 7 Day 8 Day 9 Day 10 Day 11 Day 12 Day 13 Day 14 Day 15 Day 16 Day 17 Day 18 Day 19 Day 20 Day 22 Day 23 Day 24 Day 25 Day 26 Day 27 Day 28 Day 29 Day 30	Day 3		
Day 6 Day 7 Day 8 Day 9 Day 10 Day 11 Day 12 Day 13 Day 14 Day 15 Day 16 Day 17 Day 18 Day 19 Day 20 Day 12 Day 22 Day 23 Day 24 Day 25 Day 26 Day 27 Day 28 Day 29 Day 30	Day 4		
Day 7 Day 8 Day 9 Day 10 Day 11 Day 12 Day 13 Day 14 Day 15 Day 16 Day 17 Day 18 Day 19 Day 20 Day 12 Day 22 Day 23 Day 24 Day 25 Day 26 Day 27 Day 28 Day 29 Day 30	Day 5		
Day 8 Day 9 Day 10 Day 11 Day 12 Day 13 Day 14 Day 15 Day 16 Day 17 Day 18 Day 19 Day 20 Day 12 Day 22 Day 23 Day 24 Day 25 Day 26 Day 27 Day 28 Day 29 Day 30	Day 6		
Day 9 Day 10 Day 11 Day 12 Day 13 Day 14 Day 15 Day 16 Day 17 Day 18 Day 19 Day 20 Day 12 Day 22 Day 23 Day 24 Day 25 Day 26 Day 27 Day 28 Day 29 Day 30	Day 7		
Day 10 Day 11 Day 12 Day 13 Day 14 Day 15 Day 16 Day 17 Day 18 Day 19 Day 20 Day 12 Day 22 Day 23 Day 24 Day 25 Day 26 Day 27 Day 28 Day 29 Day 30	Day 8		
Day 12 Day 13 Day 14 Day 15 Day 16 Day 17 Day 18 Day 19 Day 20 Day 12 Day 22 Day 23 Day 24 Day 25 Day 26 Day 29 Day 30	Day 9		
Day 12 Day 13 Day 14 Day 15 Day 16 Day 17 Day 18 Day 19 Day 20 Day 12 Day 22 Day 23 Day 24 Day 25 Day 26 Day 28 Day 29 Day 30	Day 10		
Day 13  Day 14  Day 15  Day 16  Day 17  Day 18  Day 19  Day 20  Day 12  Day 22  Day 23  Day 24  Day 25  Day 26  Day 29  Day 30	Day 11		
Day 14  Day 15  Day 16  Day 17  Day 18  Day 19  Day 20  Day 12  Day 22  Day 23  Day 24  Day 25  Day 26  Day 28  Day 29  Day 30	Day 12		
Day 15 Day 16 Day 17 Day 18 Day 19 Day 20 Day 12 Day 22 Day 23 Day 23 Day 24 Day 25 Day 26 Day 27 Day 28 Day 29 Day 30	Day 13		
Day 16 Day 17 Day 18 Day 19 Day 20 Day 12 Day 22 Day 23 Day 24 Day 25 Day 26 Day 28 Day 29 Day 30	Day 14		
Day 17 Day 18 Day 19 Day 20 Day 12 Day 22 Day 23 Day 24 Day 25 Day 26 Day 27 Day 28 Day 30	Day 15		
Day 18 Day 19 Day 20 Day 12 Day 22 Day 23 Day 24 Day 25 Day 26 Day 27 Day 28 Day 30	Day 16		
Day 19 Day 20 Day 12 Day 22 Day 23 Day 24 Day 25 Day 26 Day 27 Day 28 Day 29 Day 30	Day 17		
Day 20 Day 12 Day 22 Day 23 Day 24 Day 25 Day 26 Day 27 Day 28 Day 29 Day 30	Day 18		
Day 12 Day 22 Day 23 Day 24 Day 25 Day 26 Day 27 Day 28 Day 29 Day 30	Day 19		
Day 22 Day 23 Day 24 Day 25 Day 26 Day 27 Day 28 Day 29 Day 30	Day 20		
Day 23 Day 24 Day 25 Day 26 Day 27 Day 28 Day 29 Day 30	Day 12		
Day 24  Day 25  Day 26  Day 27  Day 28  Day 29  Day 30	Day 22		
Day 25 Day 26 Day 27 Day 28 Day 29 Day 30	Day 23		
Day 26  Day 27  Day 28  Day 29  Day 30	Day 24		
Day 27  Day 28  Day 29  Day 30	Day 25		
Day 28  Day 29  Day 30	Day 26		
Day 29 Day 30	Day 27		
Day 30	Day 28		
	Day 29		
Day 31	Day 30		
	Day 31		

How many days in a row can you get at least 30 minutes of physical activity?

Use this tracking sheet to mark each day that you are physically active for 30 minutes.



