

February Health Heart Challenge Tracking Sheet

Cross off the squares as you complete activities. Anything that gets your heart beating faster counts 😊

Activity Counter										Count
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	10
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	20
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	30
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	40
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	50
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	60
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	70
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	80
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	90
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	100
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	110
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	120
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	130
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	140
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	150
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	160
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	170
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	180
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	190
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	200
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	210
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	220
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	240
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	250
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	260
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	270
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	280
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	290
15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	15 min	300

Bonus Activities! Complete these activities to earn 2 points each! You can also count your movement time in the tracker each time you do these activities, but you can only count the bonus points once.

30 min of activity every day for 7 days in a row	Early morning workout (get 'er done before 7am)	Take an exercise selfie and share with us on social media
80's aerobic workout (hint: search Jane Fonda on youtube)	Complete any activity in the mountains (Ski, snowshoe, etc)	Run the stairs outside (e.g. Memorial or Parkland)
Walking under the stars (get outside for a walk on a clear night and pause to look up)	Create a Team (complete the challenge with a team of 3)	Try something new (do one activity you've never done before)

Total Activity Points	Total Bonus Points	Total Points Earned (Activity + Bonus)