

Be Healthy Enough Exercise Snacking Challenge

November 2020

GOAL: Get at least 30 Exercise Snack Points per Week (6 points a day for 5 days). Monthly goal of 120!

5 Min Exercise Snack = 1 Point

10 Min Exercise Snack = 3 Points

30 Min Exercise Snack = 6 Points

Log your daily points, add them up and share with on Facebook!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="text"/> 1	<input type="text"/> 2	<input type="text"/> 3	<input type="text"/> 4	<input type="text"/> 5	<input type="text"/> 6	<input type="text"/> 7
<input type="text"/> 8	<input type="text"/> 9	<input type="text"/> 10	<input type="text"/> 11	<input type="text"/> 12	<input type="text"/> 13	<input type="text"/> 14
<input type="text"/> 15	<input type="text"/> 16	<input type="text"/> 17	<input type="text"/> 18	<input type="text"/> 19	<input type="text"/> 20	<input type="text"/> 21
<input type="text"/> 22	<input type="text"/> 23	<input type="text"/> 24	<input type="text"/> 25	<input type="text"/> 26	<input type="text"/> 27	<input type="text"/> 28
<input type="text"/> 29	<input type="text"/> 30					

Totals

Week 1

Week 2

Week 2

Week 4

Month