



# TRACK HOW YOU PLAY EACH DAY

Set a goal to move for at least 30 minutes or 7,500 steps at least 5 days each week. Use this tracker to log your activity over the course of 6-weeks. How will you add more play into each day?

Start Date: \_\_\_\_\_ Email: \_\_\_\_\_

START 	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	WEEK 1 TOTAL  _____  _____
	Steps	Steps	Steps	Steps	Steps	Steps	Steps	
WEEK 2 TOTAL  _____  _____	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	← WEEK 2
	Steps	Steps	Steps	Steps	Steps	Steps	Steps	
WEEK 3 →	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	WEEK 3 TOTAL  _____  _____
	Steps	Steps	Steps	Steps	Steps	Steps	Steps	
WEEK 4 TOTAL  _____  _____	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	← WEEK 4
	Steps	Steps	Steps	Steps	Steps	Steps	Steps	
WEEK 5 →	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	WEEK 5 TOTAL  _____  _____
	Steps	Steps	Steps	Steps	Steps	Steps	Steps	
WEEK 6 TOTAL  _____  _____	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	← WEEK 6
	Steps	Steps	Steps	Steps	Steps	Steps	Steps	
FINISH 								

**Congratulations on finishing the 6-week Play Your Way Challenge!**  
Keep up the great work and remember to move every day.



# MAKE PLAY A PART OF YOUR DAY

Check out our member's experiences in making play a part of their day. Try these exercises at work and at home to find what inspires you to stay active. How will you add more play into YOUR day?

## Activities at Work



Take the stairs instead of the elevator



Wall sitting squats  
1 min each, 3 reps



10 Chair tricep dips



Take the longer route to the printer

"I connected with myself through exercise and movement. Never felt better!"

"Walking with my co-workers allowed us to talk and socialize on a personal level."

"Play Your Way gave me an excuse to get my co-workers out of office and to the gym with me!"

"My partner and I challenged ourselves for improvements each week. So much fun!"

"I picked up dancing and got my partner involved. We also started exercising together at the park and at home."

## Activities at Home

"Being active outdoors helps me reconnect with the beauty of San Francisco - the ocean, public art, and stunning views!"



Exploring the city



Traveling more by foot or bike



Hiking



Taking dance and yoga classes

How will you make play a part of your day?

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