

MOVE FOR A CAUSE

IN THE MONTH OF APRIL



Every Friday you will receive an email with a link to submit your weekly goal progress. If you don't receive the email go to searhc.org/moveforacause to submit. Enter by midnight each Friday to be in the raffle.

My goal is to: _____

Keep this sheet handy to track your progress

My week 1 goal: _____

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
4/1	4/2	4/3	4/4	4/5	4/6	4/7
Zoom 12:15						

Goal % (mark one) 0% 25% 50% 75% 100%

My week 2 goal: _____

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
4/8	4/9	4/10	4/11	4/12	4/13	4/14
Zoom 12:15 Submit week 1						

Goal % (mark one)

0% 25%
 50% 75%
 100%

My week 3 goal: _____

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
4/15	4/16	4/17	4/18	4/19	4/20	4/21
Zoom 12:15 Submit week 2						

Goal % (mark one)

0% 25%
 50% 75%
 100%

My week 4 goal: _____

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
4/22	4/23	4/24	4/25	4/26	4/27	4/28	4/29
Zoom 12:15 Submit week 3							Submit week 4

Goal % (mark one) 0% 25% 50% 75% 100%