

# STAY ACTIVE & BRIGHT Tracker

Record your active minutes outdoors

## What counts as active minutes?

Anything that gets you physically active and out in the fresh air counts

- Walk and talk meetings outside
- Playing tag with your kids
- Walking a dog
- Raking leaves
- Cycling
- Hunting
- Hiking

## My Goal

\_\_\_\_\_ minutes outside. Start tracking October 18

## Get Social

Challenge your family, friends and coworkers to participate. Share with us how you get active by posting your progress or photos on social media using the hashtag **#SEARHCstayactivestaybright**.

## Activity Log - Start counting your active minutes on Monday, October 18th

**Week 1:** Submit minutes using the link in the weekly email by midnight on Tuesday, October 26

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL MINS.
18	19	20	21	22	23	24	

**Week 2:** Submit minutes using the link in the weekly email by midnight on Tuesday, November 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL MINS.
25	26	27	28	29	30	31	

**Week 3:** Submit minutes using the link in the weekly email by midnight on Tuesday, November 9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL MINS.
1	2	3	4	5	6	7	

**Week 4:** Submit minutes using the link in the weekly email by midnight on Tuesday, November 16

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	TOTAL MINS.
8	9	10	11	12	13	14	15	