



## September Fitness Trackers

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity: _____	Activity: _____	Activity: _____	1 Activity: _____	2 Activity: _____	3 Activity: _____	4 Activity: _____
Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____
5 Activity: _____	6 Activity: _____	7 Activity: _____	8 Activity: _____	9 Activity: _____	10 Activity: _____	11 Activity: _____
Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____
12 Activity: _____	13 Activity: _____	14 Activity: _____	15 Activity: _____	16 Activity: _____	17 Activity: _____	18 Activity: _____
Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____
19 Activity: _____	20 Activity: _____	21 Activity: _____	22 Activity: _____	23 Activity: _____	24 Activity: _____	25 Activity: _____
Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____
<b>26 turn in</b> Activity: _____	27 Activity: _____	28 Activity: _____	29 Activity: _____	<b>30 Drawing</b> Activity: _____	Activity: _____	Activity: _____
Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____

**\*See rules on back\***

*Use this monthly tracker to track your activity (walk, gardening, weight lift, cook, shovel, play with your kids! ANYTHING) in the month of September. Also track the MINUTES dedicated to that activity.*

*Turn in tracker sheet to the Diabetes Clinic or the Diabetes Fitness Center **by Monday September 26<sup>th</sup>** be entered into a prize drawing, drawing on **Friday September 30<sup>th</sup>***

PRINTED NAME : \_\_\_\_\_

SIGNATURE : \_\_\_\_\_

DATE: \_\_\_\_\_

## **Rules**

1. Turn in tracker sheet (hard copy or emailed or picture sent) to the **Diabetes Clinic** or the **Diabetes Fitness Center** by **September 26th 2022** Or Email to [josh.redday@llojibwe.net](mailto:josh.redday@llojibwe.net).

3. Winner(s) will be drawn on **Friday September 30th** Via Wheel of Names

4. 1 Person can only win 1 time!

5. Physical activity tracking allowable activities include but are not limited to; Walking, running, skiing, snow shoeing, weight lifting, yoga, shoveling, cooking, playing with kids or any movement that you enjoy!

6. ANY physical activity that is turned in on this sheet will be entered into the drawing.

7. Yes! Even if you were active **ONE** day in the month you can turn in your tracker sheet and be entered into the drawing.

Prize(s):

**Fitness Gear and More!**

Any questions or concerns,

Contact Josh Red Day at the Leech Lake Diabetes Clinic.

2183354511 ext 4596

Email: [josh.redday@llojibwe.net](mailto:josh.redday@llojibwe.net)