

Daily Tracker

<p>Count the number of people (including yourself) that are impacted by the movement breaks that you initiate. All entries must be submitted by February 28th 11:59pm PST.</p>	<p>UBC STAFF & FACULTY</p> <p>Movement Break CHALLENGE</p>	 <p>UBC wellbeing physical activity & sedentary behaviour</p> 
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Week ↓		Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun	Weekly Totals
WEEK 1	→							
track your points each day of the week								
WEEK 2								
WEEK 3								
WEEK 4								

Please provide name and email: _____ / _____