

## Daily Tracker

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.

# UBC STAFF & FACULTY Movement Break CHALLENGE



Week ↓ →	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun	Weekly Totals
<b>WEEK 1</b> track your points each day of the week							
<b>WEEK 2</b>							
<b>WEEK 3</b>							
<b>WEEK 4</b>							

Please provide name and email: \_\_\_\_\_ / \_\_\_\_\_