



Name:

Email:

Count the number of breaks per day and the number of people included in the breaks that you initiate.

All entries must be submitted by March 1 at 12 pm PST. The Qualtrics will close at this time.

Movement Break Challenge Daily/Weekly Tracker

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun	Weekly Total
Week 1				Breaks: # People:	Breaks: # People:	Breaks: # People:	Breaks: # People:
Week 2	Breaks: # People:	Breaks: # People:	Breaks: # People:	Breaks: # People:	Breaks: # People:	Breaks: # People:	Breaks: # People:
Week 3	Breaks: # People:	Breaks: # People:	Breaks: # People:	Breaks: # People:	Breaks: # People:	Breaks: # People:	Breaks: # People:
Week 4	Breaks: # People:	Breaks: # People:	Breaks: # People:	Breaks: # People:	Breaks: # People:	Breaks: # People:	Breaks: # People:
Week 5	Breaks: # People:	Breaks: # People:	Breaks: # People:	Breaks: # People:			Breaks: # People:

You may submit your numbers to the Qualtrics at the frequency that works best for you (daily, weekly, at the end of the month). Please note to be eligible to win a weekly prize, you must submit at least once before Friday at noon each week starting Feb 9. Only one entry per person per week for the draw.