



GIRLS ON THE RUN

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As you get moving, you can use this tracker to mark your progress! Use the key to color in your tracker and record your progress along the way!

Watch your tracker fill up as you get moving!

KEY:

	Color in the Shoe after you complete the movements for that day!
	Color in each Heart around your tracker as you complete each Heart Mission.



	Move It Monday	Totally Rad Tuesday	Super Power Wednesday
Week 1			
Week 2			
Week 3			
Week 4			
Week 5			
Week 6			
Week 7			
Week 8			

Go Bananas Thursday	Fun-Tastic Friday	Stretch It Saturday
