

FITNESS TRACKER

| /7 | | 7 |
|------|----------|---------|
| DATE | ACTIVITY | MINUTES |
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ILLUSTRATIONS: FREEPIK

The Arc.
Minnesota



ACTIVITY

- 7.
- 2.
- 3.
- 4.

ILLUSTRATIONS: FREEPIK

The Arc.



Move & Groove

FITNESS TRACKER

| DATE | ACTIVITY | MINUTES | |
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Move & Groove

WHAT ARE SOME OF YOUR FAVORITE ACTIVITIES TO GET ACTIVE?

ACTIVITY

| 1. | | | |
|----|--|--|--|
| 2. | | | |
| 3. | | | |
| 4. | | | |

