



# Tracking Sheet

NAME:

OVERALL GOAL:

## Mile A Day Challenge – Let's Get Moving!

Spending time moving outside has many benefits –boosting your immune system, lowering stress, supporting heart health, and lifting your mood.

This month, challenge yourself to take a walk every day. Use this tracker to keep track of your progress and celebrate the days you get outside and move your body!

At the end of the month, be sure to check your email or visit [comealiveoutside.com](http://comealiveoutside.com) to fill out a quick 3-minute survey and enter to win 20 prizes!

Day	Miles Walked
May 1	
May 2	
May 3	
May 4	
May 5	
May 6	
May 7	
May 8	
May 9	
May 10	
May 11	
May 12	
May 13	
May 14	
May 15	

Day	Miles Walked
May 16	
May 17	
May 18	
May 19	
May 20	
May 21	
May 22	
May 23	
May 24	
May 25	
May 26	
May 27	
May 28	
May 29	
May 30	

Questions?

Contact [Admin@comealiveoutside.com](mailto:Admin@comealiveoutside.com)