



WEEKLY TIME TRACKING SHEET

WEEK 1



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL

CHALLENGE: JUST GET STARTED

WEEKLY TIME TRACKING SHEET

WEEK 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL

CHALLENGE: BE ACTIVE WITH A COWORKER

WEEKLY TIME TRACKING SHEET

WEEK 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL

CHALLENGE: BE ACTIVE ON CAMPUS WITH SOMEONE

WEEKLY TIME TRACKING SHEET

WEEK 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL

CHALLENGE: BE ACTIVE WITH YOUR DEPARTMENT

WEEKLY TIME TRACKING SHEET

WEEK 5

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL
						5K	

CHALLENGE: ALL UNIVERSITY

PARTICIPATE BY SHARING YOUR PHOTOS AND USING THE HASHTAG: #PURPLEISPROGRESS

