

# For Me

WELLNESS TRACKING



be fit for life  
medicine hat

Mon

Tue

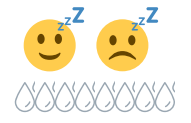
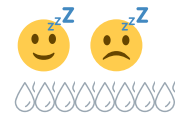
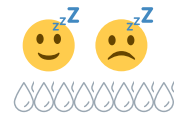
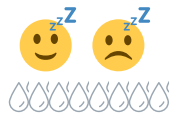
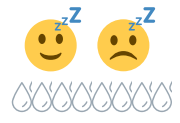
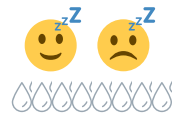
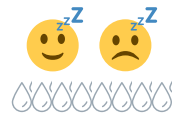
Wed

Thur

Fri.

Sat

Sun



**SLEEP:**  
**WATER:**  
**REFLECTION**

AM: \_\_\_\_\_

PM: \_\_\_\_\_

**ACTIVITY**

**MINUTES**

	Active	Move		Active	Move		Active	Move		Active	Move		Active	Move		Active	Move
□ _____ □	<input type="checkbox"/>	<input type="checkbox"/>	•	<input type="checkbox"/>	<input type="checkbox"/>	•	<input type="checkbox"/>	<input type="checkbox"/>	•	<input type="checkbox"/>	<input type="checkbox"/>	•	<input type="checkbox"/>	<input type="checkbox"/>	•	<input type="checkbox"/>	<input type="checkbox"/>
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□ _____ □	<input type="checkbox"/>	<input type="checkbox"/>	•	<input type="checkbox"/>	<input type="checkbox"/>	•	<input type="checkbox"/>	<input type="checkbox"/>	•	<input type="checkbox"/>	<input type="checkbox"/>	•	<input type="checkbox"/>	<input type="checkbox"/>	•	<input type="checkbox"/>	<input type="checkbox"/>

Total Active Min: \_\_\_\_\_

Total Move Min: \_\_\_\_\_



Use the attached form to track the following...

**SLEEP:** Circle the appropriate happy face if you had 7-9hrs of sleep.

**WATER:** Colour in the water drops for each 8oz class of water you drink/day.

**REFLECTION:** List a word to describe how you are feeling each day in the morning and afternoon or evening. Alternatively, you could list a self-care activity that you have taken part in.

**ACTIVITY MINUTES:** Track your minutes of activity with the tracking form provided or download the ParticipACTION app (search and download the free app from your app store). Connect your movement tracker to the app or manually enter your activity using the running shoe icon. With the app or tracking form, record your Active & Move Minutes.

**Active Minutes:** moderate to vigorous activity (elevates heart & breath rates).

**Move Minutes:** all movement including the moderate to vigorous activity (Active Minutes) and any additional active living movements. The more Move Minutes, the better! Try adding stretch breaks and movement breaks to your day or have a stand up meeting. Walk to the mailbox or weed your flower bed, it all counts toward your Move Minutes.

Strive to achieve 150 Active Minutes in a week and even more Move Minutes. Try participating in a variety of activities and discover what you enjoy.

Check out the Guidelines for more info:

[Canadian Physical Activity Guidelines](#)   [Canadian Sleep Guidelines](#)

## Activity Ideas and Workout Links

### [ParticipACTION](#)

Be Fit for Life Medicine Hat YouTube Playlists:

[Wellness Challenge Workouts](#)

[At Home Workouts](#)

[Mindfulness & Movement Breaks](#)

[Be Fit for Life Active At Home](#)

[Learn to Run Series w/ UofA Campus & Community Recreation](#)

[Be Fit for Life Lethbridge Be Fit w/your Kids](#)

[Be Fit for Life Mindful Walking](#)

[YMCA Y Thrive At Home](#)

[Popsugar](#)

[Yoga with Adriene](#)

[Blogilates](#)