Let's Get Moving LAWTON ACTIVITY LOG

July 13
Shepler Square Park
Lawton, OK
Register online at
ONIEPROJECT.ORG/LGM

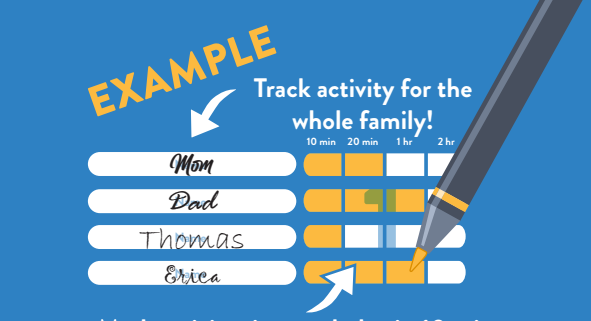
EXAMPLE

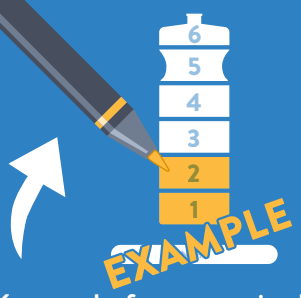
Track activity for the whole family!

	10 min	20 min	1 hr	2 hr
Mom				
Dad				
Thomas				
Erica				

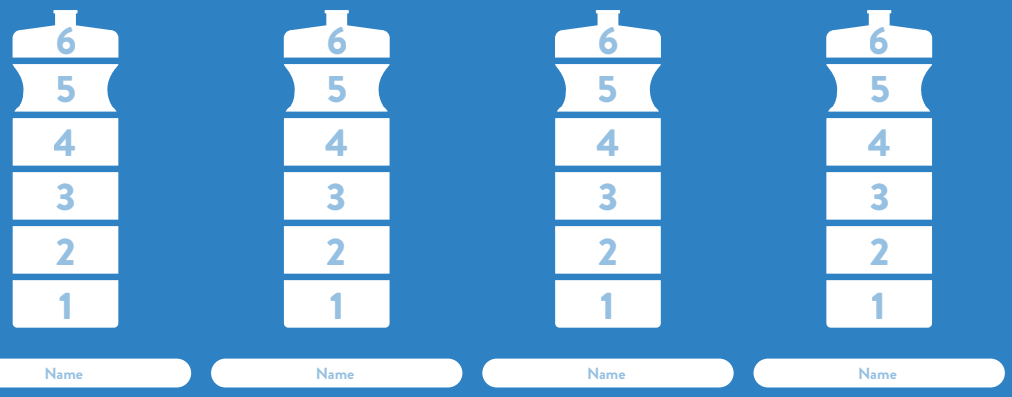
Mark activity time each day in 10 minute, 30 minute, 1 hour & 2 hour intervals!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10 min 30 min 1 hr 2 hr	10 min 30 min 1 hr 2 hr	10 min 30 min 1 hr 2 hr	10 min 30 min 1 hr 2 hr	10 min 30 min 1 hr 2 hr	10 min 30 min 1 hr 2 hr	10 min 30 min 1 hr 2 hr
Name							
Name	1	2	3	4	5	6	7
Name							
Name							
Name							
Name	8	9	10	11	12	13	14
Name							
Name							
Name							
Name	15	16	17	18	19	20	21
Name							
Name							
Name							
Name	22	23	24	25	26	27	28
Name							
Name							
Name							
Name	29	30	31	32	33	34	35
Name							
Name							
Name							
Name	36	37	38	39	40	41	
Name							
Name							
Name							





Keep track of your water intake the **WEEK BEFORE** LGM to ensure you're ready to get moving! Fill in each day you drank **8-10** cups leading up to LGM!



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