

Get Moving Winooski Tracking Sheet

Name: _____ Age: _____ Phone: _____

Address: _____ E-mail: _____

In each box, record the total number of minutes you were active that day. Feel free to note what activity you did.
 Strive for 30 minutes a day, 5 days a week! Turn in your sheet every 6 weeks for your prize!
 Sign up to be entered to win monthly raffle prizes and to receive information about community events!

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Date:							
2 Date:							
3 Date:							
4 Date:							
5 Date:							
6 Date:							

Mail completed Tracking Sheets to:

Get Moving Winooski, Parks and Recreation 27 West Allen Street, Winooski, VT 05404

For more information or events, please see our website: <http://www.onioncity.com>