



Week 6: Accountability Card

This week is about ways to make summer fitness happen. Get active and if you're already active stay active! Incorporate these strategies into your day and make movement a part of your daily routine.

Try a summer activity that you have never tried before.	
Seek out a nature hike in your area.	
What is one thing you can do to beat the heat and make a physical activity a part of your summer days?	

Add a five minute burst of activity to your day. Indicate what you did on each day.

Mon	
Tue	
Wed	
Thurs	
Fri	
Sat	
Sun	