

Natural. Healthy. Canadian.

Name:

Week:

Physical Activity Challenge

The PAC Personal Scoresheet lets you count physical activity, wherever you find it. Ten minutes of walking, swimming, biking, raking, vacuuming: all physical activity counts.

You must complete a minimum of five minutes of a sustained activity, though.



PERSONAL SCORECARD							
	SUN	MON	TUE	WED	THU	FRI	SAT
PAC Minutes							
PAC Minutes							
PAC Minutes							
PAC Minutes							
PAC Minutes							
PAC Minutes							
PAC Minutes							
PAC Minutes							
PAC Minutes							
Totals							

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