

VIXEN TEAM TRAINING - EXERCISE TRACKING CHART

Place any favorite sticker in the space on the chart for the days you complete a training workout. Celebrate your progress with a star or other special sticker at the end of the week! (in the "Reward Star" spot.) Great Job moving & being healthy!

	Monday	Tuesday	Wednesday	Thursday	Friday	Reward Star!
Wk. 1						
Wk. 2						
Wk. 3						
Wk. 4						