STRONGER BLA 2020
MIND BODY SPIRIT
COMMUNITY FITNESS CHALLENGE

WEEKLY HABIT TRACKER

HOW TO USE THIS TRACKER

- Each day, put a check mark when you complete a mind, body, or spirit activity
- Log the type of activity below the check mark or the bottom of the page
- Reflect each week on new activities you tried and what you are most proud of
- Join our Community Fitness Challenge Facebook page and share your activities
- Continue to support and encourage one another by sharing healthy activities, recipes, and workouts!

WAYS TO STAY ACCOUNTABLE THE ENTIRE CHALLENGE

Join our STRONGER BLA 2020 Community Fitness Challenge Facebook Group and share your health journey with us
Participate in our weekly ZOOM workouts, Facebook challenges, and cook our healthy recipes
Post your healthy activities you are doing in the Brainerd Lakes Area with the hashtag #StrongerBLA
# STRONGER BLA 2020

## MIND BODY SPIRIT

### HABIT TRACKER

<table>
<thead>
<tr>
<th>MON, MAY 25</th>
<th>TUES, MAY 26</th>
<th>WED, MAY 27</th>
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### WHAT IS SOMETHING NEW YOU TRIED THIS WEEK?

### WHAT ARE YOU MOST PROUD OF THIS WEEK?

### MIND ACTIVITIES

1. 
2. 
3. 

### BODY ACTIVITIES

1. 
2. 
3. 

### SPIRIT ACTIVITIES

1. 
2. 
3.
STRONGER BLA 2020
MIND BODY SPIRIT
HABIT TRACKER

JUNE 1-7

MON, JUNE 1
- MIND ACTIVITY
- BODY ACTIVITY
- SPIRIT ACTIVITY

TUES, JUNE 2
- MIND ACTIVITY
- BODY ACTIVITY
- SPIRIT ACTIVITY

WED, JUNE 3
- MIND ACTIVITY
- BODY ACTIVITY
- SPIRIT ACTIVITY

THURS, JUNE 4
- MIND ACTIVITY
- BODY ACTIVITY
- SPIRIT ACTIVITY

FRI, JUNE 5
- MIND ACTIVITY
- BODY ACTIVITY
- SPIRIT ACTIVITY

SAT, JUNE 6
- MIND ACTIVITY
- BODY ACTIVITY
- SPIRIT ACTIVITY

SUN, JUNE 7
- MIND ACTIVITY
- BODY ACTIVITY
- SPIRIT ACTIVITY

WHAT IS SOMETHING NEW YOU TRIED THIS WEEK?

WHAT ARE YOU MOST PROUD OF THIS WEEK?

MIND ACTIVITIES
1.  
2.  
3.  

BODY ACTIVITIES
1.  
2.  
3.  

SPIRIT ACTIVITIES
1.  
2.  
3.  
## STRONGER BLA 2020
### MIND BODY SPIRIT
### HABIT TRACKER

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| BODY ACTIVITIES |
| 1. |
| 2. |
| 3. |

| SPIRIT ACTIVITIES |
| 1. |
| 2. |
| 3. |
### STRONGER BLA 2020
#### MIND BODY SPIRIT
#### HABIT TRACKER

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**WHAT ARE YOU MOST PROUD OF THIS WEEK?**

### MIND ACTIVITIES
1.  
2.  
3.  

### BODY ACTIVITIES
1.  
2.  
3.  

### SPIRIT ACTIVITIES
1.  
2.  
3.
## STRONGER BLA 2020

### MIND BODY SPIRIT

#### HABIT TRACKER

**JUNE 22-29**

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**WHAT ARE YOU MOST PROUD OF THIS WEEK?**

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1.  
2.  
3.  

### BODY ACTIVITIES
1.  
2.  
3.  

### SPIRIT ACTIVITIES
1.  
2.  
3.  

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**WK 5**
STRONGER BLA 2020
HABIT TRACKER

MON, JUNE 29
- MIND ACTIVITY
- BODY ACTIVITY
- SPIRIT ACTIVITY

TUES, JUNE 30
- MIND ACTIVITY
- BODY ACTIVITY
- SPIRIT ACTIVITY

WED, JULY 1
- MIND ACTIVITY
- BODY ACTIVITY
- SPIRIT ACTIVITY

THURS, JULY 2
- MIND ACTIVITY
- BODY ACTIVITY
- SPIRIT ACTIVITY

FRI, JULY 3
- MIND ACTIVITY
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- SPIRIT ACTIVITY

SAT, JULY 4
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SUN, JULY 5
- MIND ACTIVITY
- BODY ACTIVITY
- SPIRIT ACTIVITY

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2. 
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BODY ACTIVITIES
1. 
2. 
3. 

SPIRIT ACTIVITIES
1. 
2. 
3.
CONGRATULATIONS

YOU COMPLETED THE CHALLENGE!

REFELCT

WHAT HABITS WILL YOU CONTINUE THROUGHOUT THE YEAR?

<table>
<thead>
<tr>
<th>MIND ACTIVITIES</th>
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