

THE POWER OF MINDSET SEMINAR TRACKER



Name _____

Please check the date of the seminar you attended..

WEDNESDAY, AUGUST 31, 2017

- 1) Attend the Mindset Seminar
- 2) Complete the following tracker to receive your wellness credit.
- 3) Keep this tracker for your documentation in case you are audited in July 2017.
- 4) Record your wellness credit on WCSD fitness website at <https://fitness.washk12.org/> by June 30, 2017.

Set a two week goal with exercise and keep track of it here.

My exercise goal:

MON. TUES. WED. THURS. FRI. SAT. SUN.

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