KAISER PERMANENTE®
Corporate Run/Walk
& Fitness Program

Get Active Atlanta! Progress Chart
July 18 - September 8, 2011

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Directions: Each day, mark one point in the star for each fruit or vegetable you eat. If get five, cross off the whole star. Also, check a box for each 10 minutes of exercise you do. Finally, go to Facebook.com/KPCorporateRunWalk and post any success or I-need-some-support! stories. Photos would be great!! Watch for some Facebook contests.

	July 18		July 25		August 1		August 8		August 15		August 22		August 29		September 5	
	Fruits/Veggies	Exercise	Fruits/Veggies	Exercise	Fruits/Veggies	Exercise	Fruits/Veggies	Exercise	Fruits/Veggies	Exercise	Fruits/Veggies	Exercise	Fruits/Veggies	Exercise	Fruits/Veggies	Exercise
Monday		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min
Tuesday		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min
Wednesday		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min
Thursday		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min
Friday		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min
Saturday		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min
Sunday		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min		☐ 10 min ☐ 10 min ☐ 10 min