



TEAM ACHILLES SUPERHERO GOAL CHART



MINUTE TRACKER WEEK #1: August 1 - 7

Day of the Week	Minutes Run, Walked, or Exercised each day
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

MINUTE TRACKER WEEK #2: August 8 - 14

Day of the Week	Minutes Run, Walked, or Exercised each day
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

MINUTE TRACKER WEEK #3: August 15 - 21

Day of the Week	Minutes Run, Walked, or Exercised each day
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

MINUTE TRACKER WEEK #4: August 22 - 27

Day of the Week	Minutes Run, Walked, or Exercised each day
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	