

## INDIVIDUAL WEEKLY REQUIREMENTS:



Write your name on each week of the Activity Tracker.

Write down the FIVE ACTIVITIES (and up to 3 extra bonus activities) you have done during the week (Monday through Sunday).

Snap a photo of your Activity Tracker that shows that current week AND your name.

Send the photo of your ACTIVITY TRACKER to [hello@handsonaswegrow.com](mailto:hello@handsonaswegrow.com) or comment on the post in the [Member Community](#) on Sunday or Monday of each week.

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## SERIES INFORMATION:

GETTING STARTED  
GUIDE

WHAT COUNTS AS  
AN ACTIVITY?

TEAM FORM

SERIES INFO

MEMBER COMMUNITY

TEAM ACTIVITY  
COUNTER

# ACTIVITY TRACKER

MAY-JUNE  
ACCOUNTABILITY SERIES

NAME: your first & last name

EXAMPLE WEEK: MONDAY-SUNDAY

ACTIVITY #1:

name of  
activity

ACTIVITY #2:

gel sensory  
bag

ACTIVITY #3:

lines of tape

ACTIVITY #4:

rubber bands  
on a can

ACTIVITY #5:

paper plate  
suncatcher

BONUS ACTIVITY #1:

letter stamp on the stairs

BONUS ACTIVITY #2:

baking together-measuring

BONUS ACTIVITY #3:

submitted ☒

NAME: \_\_\_\_\_

MONDAY, MAY 3 - SUNDAY, MAY 9

ACTIVITY #1:

ACTIVITY #2:

ACTIVITY #3:

ACTIVITY #4:

ACTIVITY #5:

BONUS ACTIVITY #1:

BONUS ACTIVITY #2:

BONUS ACTIVITY #3:

submitted (May 9-10) ☐

NAME: \_\_\_\_\_

MONDAY, MAY 10 - SUNDAY, MAY 16

ACTIVITY #1:

ACTIVITY #2:

ACTIVITY #3:

ACTIVITY #4:

ACTIVITY #5:

BONUS ACTIVITY #1:

BONUS ACTIVITY #2:

BONUS ACTIVITY #3:

submitted (May 16-17) ☐

ACTIVITY TRACKER

MAY-JUNE  
ACCOUNTABILITY SERIES

NAME: \_\_\_\_\_

MONDAY, MAY 17 - SUNDAY, MAY 23

ACTIVITY #1:	ACTIVITY #2:	ACTIVITY #3:	ACTIVITY #4:	ACTIVITY #5:
BONUS ACTIVITY #1:			BONUS ACTIVITY #2:	
			BONUS ACTIVITY #3:	

submitted (May 23-24) ☐

NAME: \_\_\_\_\_

MONDAY, MAY 24 - SUNDAY, MAY 30

ACTIVITY #1:	ACTIVITY #2:	ACTIVITY #3:	ACTIVITY #4:	ACTIVITY #5:
BONUS ACTIVITY #1:			BONUS ACTIVITY #2:	
			BONUS ACTIVITY #3:	

submitted (May 30-31) ☐

NAME: \_\_\_\_\_

MONDAY, MAY 31 - SUNDAY, JUNE 6

ACTIVITY #1:	ACTIVITY #2:	ACTIVITY #3:	ACTIVITY #4:	ACTIVITY #5:
BONUS ACTIVITY #1:			BONUS ACTIVITY #2:	
			BONUS ACTIVITY #3:	

submitted (June 6-7) ☐

ACTIVITY TRACKER

MAY-JUNE  
ACCOUNTABILITY SERIES

NAME: \_\_\_\_\_

MONDAY, JUNE 7 - SUNDAY, JUNE 13

ACTIVITY #1:	ACTIVITY #2:	ACTIVITY #3:	ACTIVITY #4:	ACTIVITY #5:
BONUS ACTIVITY #1:			BONUS ACTIVITY #2:	
			BONUS ACTIVITY #3:	

submitted (June 13-14) ☐

NAME: \_\_\_\_\_

MONDAY, JUNE 14 - SUNDAY, JUNE 20

ACTIVITY #1:	ACTIVITY #2:	ACTIVITY #3:	ACTIVITY #4:	ACTIVITY #5:
BONUS ACTIVITY #1:		BONUS ACTIVITY #2:		BONUS ACTIVITY #3:

submitted (June 20-21) ☐

NAME: \_\_\_\_\_

MONDAY, JUNE 21 - SUNDAY, JUNE 27

ACTIVITY #1:	ACTIVITY #2:	ACTIVITY #3:	ACTIVITY #4:	ACTIVITY #5:
BONUS ACTIVITY #1:		BONUS ACTIVITY #2:		BONUS ACTIVITY #3:

submitted (June 27-28) ☐