## CROHN'S & **COLITIS UK**

## CHAULENCE TRACK

Track your activity and minutes on this handy calendar or why not use this to plan your daily activities in advance!



4

TOTAL



**Activity:** 

Minutes completed: completed:

Activity: **Minutes** 

**Activity: Minutes** completed:

Activity: Minutes completed:



**Activity:** 

**Minutes** completed:

5

6 **Activity:** 

\*

Minutes completed:

Minutes completed:

**Activity:** 

8 **Activity:** 

Minutes completed:

9 **Activity:** 

**Minutes** completed:

**10** Activity:

**Minutes** completed: **Activity:** 

**Minutes** completed:



12 **Activity:** 

**Minutes** completed:

13 **Activity:** 

Minutes completed:

14 **Activity:** 

Minutes completed:

**Activity:** 

**Activity:** 

Minutes completed:

HALFWAY 16 **Activity:** 

> **Minutes** completed:

**Activity:** 

**Minutes** completed:

18 **Activity:** 

Minutes completed:

19

**Activity:** 

Minutes completed: KEEPGOING 20

**Activity:** 

Minutes Minutes completed: completed:

**Activity:** 

**Activity:** 

Minutes completed:

23 **Activity:** 

**30** 

**Minutes** completed:

24 **Activity:** 

Minutes completed: ALMOST THERE

**Activity:** 

**Minutes** completed:



Minutes completed: 27

**Activity:** Minutes completed: 28

**Activity:** 

Minutes Minutes completed: completed:

29

**Activity: Minutes** completed:

**31 Activity:** 

Minutes completed:









