

WELLBEING WARRIORS L.I.S.S TRACKER

What gets measured is what gets done!

Jun-22	LOVE L.I.S.S. Tracker	Must Move Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	<i>Target mins LISS</i>							
	<i>Achieved mins LISS</i>							
Week 2	<i>Target mins LISS</i>							
	<i>Achieved mins LISS</i>							
Week 3	<i>Target mins LISS</i>							
	<i>Achieved mins LISS</i>							
Week 4	<i>Target mins LISS</i>							
	<i>Achieved mins LISS</i>							