

# #30x30STOPSTROKE Tracking Form

Name: \_\_\_\_\_ Department: \_\_\_\_\_

- Exercise 30 minutes a day for 30 days in May – to help prevent stroke, maintain and increase our physical and mental wellbeing, and have some fun!
- To participate, track your daily exercise below. You can even form a team and start some friendly competition amongst your colleagues!
- At the end of the month, submit your form to [mghneurology@partners.org](mailto:mghneurology@partners.org) to be entered to win a free month’s membership at the Clubs at Charles River Park. Anyone who is already a club member and logs 30 days at the gym in May will also be entered to win a free month’s membership. Good luck!

Date	Start Time	End Time	Form of Exercise	How Do You Feel?
May 1				
May 2				
May 3				
May 4				
May 5				
May 6				
May 7				
May 8				
May 9				
May 10				
May 11				
May 12				
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May 22				
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May 24				
May 25				
May 26				
May 27				
May 28				
May 29				
May 30				
May 31				