



10-Minute Challenge

Time Tracker

Make time to practice healthier behaviors, just 10 minutes at a time!

1. Select a "10-Minute Action" and earn 10-minutes of time for every action you complete.
2. Use this Time Tracker to record your total time spent by ✓, ✗, or shading a ☹️. (☹️=ONE "10-Minute Action")
 Check out ['How to Complete Activities Electronically'](#) for additional help editing a PDF.

	SUN	MON	TUES	WED	THURS	FRI	SAT	Total Minutes Spent
Week 1	☹️☹️☹️☹️ ☹️☹️☹️☹️	☹️☹️☹️☹️ ☹️☹️☹️☹️	☹️☹️☹️☹️ ☹️☹️☹️☹️	☹️☹️☹️☹️ ☹️☹️☹️☹️	☹️☹️☹️☹️ ☹️☹️☹️☹️	☹️☹️☹️☹️ ☹️☹️☹️☹️	☹️☹️☹️☹️ ☹️☹️☹️☹️	
Week 2	☹️☹️☹️☹️ ☹️☹️☹️☹️	☹️☹️☹️☹️ ☹️☹️☹️☹️	☹️☹️☹️☹️ ☹️☹️☹️☹️	☹️☹️☹️☹️ ☹️☹️☹️☹️	☹️☹️☹️☹️ ☹️☹️☹️☹️	☹️☹️☹️☹️ ☹️☹️☹️☹️	☹️☹️☹️☹️ ☹️☹️☹️☹️	
Week 3	☹️☹️☹️☹️ ☹️☹️☹️☹️	☹️☹️☹️☹️ ☹️☹️☹️☹️	☹️☹️☹️☹️ ☹️☹️☹️☹️	☹️☹️☹️☹️ ☹️☹️☹️☹️	☹️☹️☹️☹️ ☹️☹️☹️☹️	☹️☹️☹️☹️ ☹️☹️☹️☹️	☹️☹️☹️☹️ ☹️☹️☹️☹️	
Week 4	☹️☹️☹️☹️ ☹️☹️☹️☹️	☹️☹️☹️☹️ ☹️☹️☹️☹️	☹️☹️☹️☹️ ☹️☹️☹️☹️	☹️☹️☹️☹️ ☹️☹️☹️☹️	☹️☹️☹️☹️ ☹️☹️☹️☹️	☹️☹️☹️☹️ ☹️☹️☹️☹️	☹️☹️☹️☹️ ☹️☹️☹️☹️	



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10-Minute Challenge

10-Minute Actions

Each "10-Minute Action" listed below = 

Move more by taking 10 minutes to:

- Complete some muscle-strengthening and/or flexibility exercises.
- Crank up your favorite music and dance.
- Be a kid again and play a quick game of hoops, jump rope, keep up the balloon, etc.
- Break from your work and do these [Desk Stretches](#) or [Office Exercises](#).
- Play with your pet.
- Step up and down the stairs whenever possible.
- Take a walking break during your rest or lunch break.
- Walk or bike to run an errand.

Eat healthier by taking 10 minutes to:

- Look up the restaurant's nutrition information and search for healthier menu items before eating out or ordering takeout.
- Clean out your refrigerator, pantry, and/or freezer.
- Create a grocery list for any ingredients you need for the week.
- Make and enjoy a healthy snack during your day.
- Pack or prepare your lunch for the next day.
- Pick out a few quick and easy recipes you plan to make.
- Put leftovers into single-serving containers for a quick meal for another day.
- Sit down and eat a meal without any distractions.



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