

30 Days for 30 Years

Celebrate KEEN Greater DC's 30th anniversary with us by exercising and staying active. Join our April challenge, set a goal of 30 minutes of activity every day and track your progress here!

Every 10 days, e-mail this tracker and a photo of you having fun being active to volunteer@keengrdc.org and receive a Milestone Medal to mark your accomplishment!

	Ball Sports	Fitness Exercise	Walking/Hiking	Yoga	Zumba/Dance
April 1					
April 2					
April 3					
April 4					
April 5					
April 6					
April 7					
April 8					
April 9					
April 10					
April 11					
April 12					
April 13					
April 14					
April 15					
April 16					
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April 18					
April 19					
April 20					
April 21					
April 22					
April 23					
April 24					
April 25					
April 26					
April 27					
April 28					
April 29					
April 30					

