



## Ka 'Aha Weekly Tracking / Log Sheet

My Name: \_\_\_\_\_

Team Name: \_\_\_\_\_

Each day you participate in an intergenerational activity, place a check mark to indicate the day and activity you participated. At the end of the week you will receive an email with instructions on submitting your tracking/log sheet online.

Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Intentionally spend time with someone of another generation.							
Use technology to keep in touch with someone of another generation.							
Prepare and/or eat a family meal together.							
Exercise with someone of another generation.							
Play an outside game with another generation.							
Performed an act of kindness for someone of another generation.							
Participated with other generations in a community program or event.							
Other							