

Just Move It! Challenge Tracker

The goal of this challenge is simple - move your body whatever way you enjoy! Whether you do a cardio workout, resistance training, yoga, or take a walk - any kind of movement has benefits that can improve your mental and physical wellbeing. Check off each day that you move for at least 30 minutes.

Challenge yourself! Aim for at least 150 minutes of movement per week for the next 4 weeks - that's 30 minutes a day, 5 days a week. Check off each day that you move for at least 30 minutes.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date:	Date:	Date:	Date:	Date:	Date:	Date:
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Name:

E-mail:

Phone: