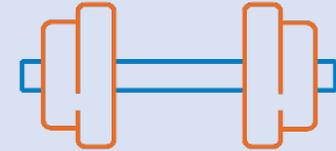


Just Move It! Challenge Tracker

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.

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:

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