# Go Move Challenge

**Physical Activity Tracker**

**To Play:**

Register for the challenge at [GoMoveChallenge.org](http://GoMoveChallenge.org)

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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**Tips for Success:**

- **Use this calendar to write down your exercise minutes and track them on the challenge site when it’s convenient.**
- **Schedule physical activity breaks during the day.**
- **Create a team of up to 6 players to motivate each other!**

Track your minutes daily, weekly or whenever is convenient for you

#GoMoveChallenge