



PHYSICAL ACTIVITY TRACKER

TO PLAY:

REGISTER FOR THE CHALLENGE AT GOMOVECHALLENGE.ORG

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!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

TRACK YOUR MINUTES DAILY, WEEKLY OR
WHENEVER IS CONVENIENT FOR YOU
#GOMOVECHALLENGE