



PHYSICAL ACTIVITY TRACKER

TO PLAY:

REGISTER FOR THE CHALLENGE AT [GOMOVECHALLENGE.ORG](https://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
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

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