



# EXERCISE TRACKER AND TIPS

## TO PLAY:

REGISTER FOR THE CHALLENGE AT  
[GoMoveChallenge.org](http://GoMoveChallenge.org)

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

## TIPS FOR SUCCESS:

USE THIS CALENDAR TO WRITE DOWN YOUR  
 EXERCISE MINUTES AND TRACK THEM ON THE  
 CHALLENGE SITE WHEN IT'S CONVEINEINT

SCHEDULE PHYSICAL ACTIVITY BREAKS DURING  
 THE DAY -TAKE A KORET CLASS

CREATE A TEAM OF 4 TO MOTIVATE EACH OTHER!  
 PRIZES FOR THE TEAM AVG THE MOST MINUTES

SUN	MON	TUES	WED	THURS	FRI	SAT
AJCU CANISIUS HOLY CROSS CREIGHTON FAIRFIELD	FORDHAM JOHN CARROLL LE MOYNE LOYOLA CHICAGO LOYOLA MD	MARQUETTE REGIS ST. LOUIS SANTA CLARA SPRING HILL	DETROIT MERCY USF SCRANTON XAVIER			
	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 ENTER YOUR MINUTES BY 11:59PM						

[#GoMoveChallenge.org](https://www.instagram.com/GoMoveChallenge)