



# GET MOVING!



Day	Activity	Steps/Duration
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

GRAND TOTAL: \_\_\_\_\_

The 'Move It' challenge invites you to get moving every day! The goal is to do an activity every day for at least 30 minutes so that it turns into a habit. **Be sure to log the activity that you do each day and how long you did it!** Moving will help you feel better, look better, and be happier!

### Tips and Tricks:

Take several breaks during the day, take a lap around the office, walk on your lunch break, take your pets for a walk when you get home, park far away from the entrance, and always take the stairs!

