



Be Active 30 Minutes Daily

CHALLENGE
Learn to sit less
& move more

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Track your physical activity minutes for 30 days. Aim for 30 minutes daily.
3. Use the calendar to record your actions to be more active.
4. Review your progress at the end of each day, each week, and at the end of the month. Then keep up the practice for a lifetime of best health.

| MONTH: _____ | | | | | | | HC = Health Challenge™ ex. min. = exercise minutes |
|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|----------------------------------------------------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | Weight & weekly summary |
| HC [] ex. min. _____ | HC [] ex. min. _____ | HC [] ex. min. _____ | HC [] ex. min. _____ | HC [] ex. min. _____ | HC [] ex. min. _____ | HC [] ex. min. _____ | |
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_____ Number of days this month I was active
 _____ Number of days this month I exercised at least 30 minutes

Other wellness projects completed this month:

Name _____ Date _____