

Physical Activity

CHALLENGE!



Get up and play!





















Check off each day you move your body for at least 30 minutes and write down the activity!

Example:

Monday



Walked

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	 -----	 -----	 -----	 -----	 -----
Week 2	 -----	 -----	 -----	 -----	 -----
Week 3	 -----	 -----	 -----	 -----	 -----
Week 4	 -----	 -----	 -----	 -----	 -----

NC STATE

EXTENSION

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This institution is an equal opportunity provider.

Ideas to get MOVING!

