

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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	_____	_____	_____	_____	_____
Week 2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	_____	_____	_____	_____	_____
Week 3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	_____	_____	_____	_____	_____
Week 4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
_____	_____	_____	_____	_____	_____

NC STATE

EXTENSION

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.
This institution is an equal opportunity provider.

Ideas to get MOVING!

