

The Movement Challenge | Week 2

Name: _____ Office: _____ Total steps: _____

Week start date: _____

Monday

Exercises/Activities: _____ Total daily steps: _____

Total minutes (check a box for every 15 minutes of activity)

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Tuesday

Exercises/Activities: _____ Total daily steps: _____

Total minutes (check a box for every 15 minutes of activity)

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Wednesday

Exercises/Activities: _____ Total daily steps: _____

Total minutes (check a box for every 15 minutes of activity)

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Thursday

Exercises/Activities: _____ Total daily steps: _____

Total minutes (check a box for every 15 minutes of activity)

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Friday

Exercises/Activities: _____ Total daily steps: _____

Total minutes (check a box for every 15 minutes of activity)

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Saturday

Exercises/Activities: _____ Total daily steps: _____

Total minutes (check a box for every 15 minutes of activity)

Sunday

Exercises/Activities: _____ Total daily steps: _____

Total minutes (check a box for every 15 minutes of activity)

Duel challenge: push-ups

The challenge is to complete as many push-ups as you can in one day. Each person tracks the number of total push-ups at the end of the day. You can do 1 every half hour, 20 in a row, 50 at the end of the day, whatever you can complete by the end of the day. This can be a regular push-up, a triceps push-up, or a modified push-up on your knees.

Me (total push-ups): _____ vs. duel partner: _____ (total push-ups): _____

Duel winner (name): _____

Weekly challenge

This week's challenge is to add 20 squats at least 3 days this week. The 20 squats can be spaced throughout the day or done all at once. **Check off the dates you completed the exercise.**

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.