

The Movement Challenge | Week 1

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: jumping jacks

The challenge is to complete as many jumping jacks as you can in one day. This is an easy exercise to complete during scheduled breaks or between meetings. If jumping isn't advisable for you, decide on a suitable exercise with your duel partner. Duel winners get added into another drawing for this week's duel challenge prize!

Me (total jumping jacks): _____ vs. duel partner: _____ (total jumping jacks): _____

Duel winner (name): _____

Weekly challenge

This week's challenge is to add in 20 sit-ups or crunches at least 3 days this week. The 20 sit-ups or crunches 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.