

Plan to Move Throughout Your Day



**Would you rather be as acrobatic
as a chimp or as fast as a cheetah?**



**Would you rather be as strong as an ant
or as graceful as a gazelle?**



**Would you rather swim as fast as a sailfish
or fly as high as an eagle?**



Would you rather move fast, slow, or somewhere in between?

You have a lot of choices about when you move, how you move, and where you move!



WHEN, WHERE, AND HOW WILL YOU MOVE TODAY? TOMORROW?

Think about all of the ways you can move. Plan how you can move at home this weekend!



Let's plan how we can
move at home this
weekend!

Name _____

Move Challenge

Challenge yourself to move each day. Color in a space for each day that you sneak in some extra moves. Don't forget to move on the weekends! Then write or draw how you feel after you move your body.

DID I MOVE TODAY?

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

HOW DID IT MAKE ME FEEL?

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