

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.



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

