Get Out & Play!

Active Minutes Challenge

*The American College of Sports Medicine recommends 2-3 days of resistance, flexibility, and neuromotor training, and at least 150 minutes of moderate-intensity cardiorespiratory activity each week. Check out more information at **https://healthy.iu.edu/wellness-information/physical-activity.html**.*

Instructions: *Set an attainable goal for the 4-week challenge, then track your progress each day.*

NAME:

GOAL:

ACTIVE MINUTES

Week 1							Week 2						
M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su
Week 3							**Week 4**						
M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su