



Move More IU Challenge

Listen to your body!

Movement should make you feel refreshed and energized. If any movement is causing pain or unusual discomfort, trust your body's signal and stop. Also, make sure the space you are in is clear for movement.

Instructions: For each day of the challenge, enter your progress in the boxes below. Track only during the work/school day. The intention of the challenge is to **move more throughout the day and HAVE FUN!**

(Please select one)

I'm tracking:

Active minutes

How many times I move

My daily movement goal:

WEEK 1

Track your progress for Week 1 below.

Mon, Mar 1	Tues, Mar 2	Wed, Mar 3	Thurs, Mar 4	Fri, Mar 5	WEEK 1 TOTAL

My energy level on a scale from 1 (lowest) to 10 (highest):

My daily movement goal:

WEEK 2

Track your progress for Week 2 below.

Mon, Mar 8	Tues, Mar 9	Wed, Mar 10	Thurs, Mar 11	Fri, Mar 12	WEEK 2 TOTAL

My energy level on a scale from 1 (lowest) to 10 (highest):

My daily movement goal:

WEEK 3

Track your progress for Week 3 below.

Mon, Mar 15	Tues, Mar 16	Wed, Mar 17	Thurs, Mar 18	Fri, Mar 19	WEEK 3 TOTAL

My energy level on a scale from 1 (lowest) to 10 (highest):
