



**sustain
& move**
IU

Sustainable Physical Activity Challenge

Listen to your body!

If you are new to physical activity, listen to your body and set your goals accordingly! The motto, “no pain, no gain” does NOT apply here! Physical activity should make you feel great. It’s a wonderful thing to listen to your body and go at YOUR pace. We hope moving more and being more sustainable becomes a hard habit to break — a part of your daily routine even after the challenge is over.

Instructions: At the start of each week, select 2 of the sustainable transportation ideas (listed on the back) to try at least once. At the end of each week, track which days of the week you completed your goals, and write a quick reflection of your experience. The intention of the challenge is to **move more throughout the day, experiment with sustainable physical activity ideas, and HAVE FUN!**



Please consider the environment before printing this tracker. If you do print, please recycle it after the challenge.

WEEK 1: WALKING

Goal #1: _____	Goal #2: _____	Reflection:
Day(s) of the week completed:	Day(s) of the week completed:	

WEEK 2: BICYCLING

Goal #1: _____	Goal #2: _____	Reflection:
Day(s) of the week completed:	Day(s) of the week completed:	

WEEK 3: BUS/CARPOOL

Goal #1: _____	Goal #2: _____	Reflection:
Day(s) of the week completed:	Day(s) of the week completed:	

Weekly Goal Options

WEEK 1: WALKING GOAL OPTIONS

1. Parks Rx: Enjoy a 20 minute walk or spend some time in nature at a park of your choosing!

2. Walking meeting: Why sit when you can walk? Take your meeting around your building/campus for some bonus steps and change of scenery.

3. Walk with a pet: Take your pet for a walk. Don't have one? Borrow your neighbor's — they will appreciate you!

4. Lunch break walk: Treat yourself to an outdoor walk this week during your lunch break. Bring your co-workers!

5. Environmental walk: Identify a place that needs trash to be picked up. Schedule a date for the walk at a designated starting place. Bring your family and help beautify your community!

*****Walking not an option? Consider these activities:**

6. Workstation movement: Take a movement break in your office. Check out Healthy IU Workstation Movements at <http://go.iu.edu/1gaU>.

7. A little bit goes a long way: Get in some extra movement by making your way to a restroom on another floor, or hydrating throughout the day at the water fountain.

WEEK 2: BICYCLING GOAL OPTIONS

1. Bicycle to work day: Join your colleagues in bicycling. It's a beautiful day to reduce carbon emissions!

2. Bicycle with family/friends: Get family or friends involved with your sustainability goals. Pick a day this week to have you and your loved ones go on a bicycle adventure.

3. Bicycle share: Does your campus or city have a bicycle share program? If so, your challenge is to test it out!

4. Bicycle brainstorms: Did you know that some of the best ideas happen when you're being physically active? Start brainstorming topics such as ways to reuse plastic bottles, how to refurbish an old table, or your personal goals for the week.

5. Helmet hair, don't care: For safety, wear a helmet when bicycling. We challenge you to think, "helmet hair, don't care," and not worry about a messy hairdo. Post a selfie to the Healthy IU Facebook page to share the fun!

6. Bicycle safety (rider): Are you up-to-date on bicycle safety guidelines? Refresh on how to signal effectively and safely share the road as a bicyclist. Read through these helpful hints: <https://bikeleague.org/content/smart-cycling-tips-0>.

*****Bicycling not an option? Consider these activities:**

7. Bicycle safety (driver): Are you up-to-date on bicycle safety guidelines? Read through these helpful hints on bicyclist signaling and how to safely share the road as a driver: <https://www.nhtsa.gov/share-road-pedestrians-bicyclists-and-motorcyclists>.

8. Healthy IU Trail: Take a break by using one of Healthy IU's Walking Trails. Maps can be found at <http://go.iu.edu/21yd>.

9. Gratitude walk: Embrace the outdoor seasonal beauty, recognize your own physical strength, and notice the unexpected. Inhale the clean, crisp air and contemplate how nature has blessed us. Or look at the night sky and thank your lucky stars for this amazing universe.

WEEK 3: CARPOOL/BUS GOAL OPTIONS

1. Carpool to work: Do you have anyone near home that you could carpool with? Your goal is try carpooling once this week.

2. Scenic place carpool: Think of the wonderful spaces near you: a park, hiking trail, or downtown area. Bring lunch and carpool with your co-workers to enjoy a meal with a view!

3. Carpool to dinner: We all deserve some quality time with friends and loved ones. Rally up your favorite people and carpool to dinner or any other activity you enjoy this week.

4. Find a new route: Oh, the places we will go! This week, get to your family outing via bus or even make your family outing a bus ride.

5. Find a bus mentor: Ask someone at the bus stop to assist you on your bus journey. Already a busing expert? Be a bus mentor and ask someone new if they need any help.

*****Carpooling/Busing not an option? Consider these activities:**

6. Workstation movement with a buddy: Invite a coworker to take a movement break. Check out Healthy IU Workstation Movements at <http://go.iu.edu/1gaU>.

7. A little bit goes a long way: Get in some extra movement by making your way to a restroom on another floor, or hydrating throughout the day at the water fountain.