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.

TEAM NAME:

TEAM GOAL:

	ACTIVE MINUTES																										
	Week 1							Week 2							Week 3							Week 4						
TEAM MEMBER	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su

When you've completed the challenge, tell us about your experience to receive a Healthy IU incentive!
Visit **go.iu.edu/summer-challenge** for details.