

SUCCESS+

30-DAY MOVEMENT CHALLENGE

Strong, Motivated, Accomplished





Daily Goal:

Aim for at least 30 minutes of physical activity each day. This can be any type of activity that gets you up and moving.



Variety:

Mix up your workouts to keep things fun and interesting.



Track and Plan Your Progress:

Put a "1" next to the activity you choose for Day 1. Day 2, put a "2," and so on.



- | | |
|---|---|
| <input type="checkbox"/> Walk | <input type="checkbox"/> Throw a Frisbee |
| <input type="checkbox"/> Swim | <input type="checkbox"/> Snowboard/Snow Ski |
| <input type="checkbox"/> Ride a Bike | <input type="checkbox"/> Play Tennis |
| <input type="checkbox"/> Hike | <input type="checkbox"/> Play Golf |
| <input type="checkbox"/> Attend a Group Fitness Class | <input type="checkbox"/> Clean House/Car |
| <input type="checkbox"/> Yoga | <input type="checkbox"/> Ice Skate |
| <input type="checkbox"/> Play Pickleball | <input type="checkbox"/> Roller Derby |
| <input type="checkbox"/> Stretch | <input type="checkbox"/> Zumba |
| <input type="checkbox"/> Yard Work | <input type="checkbox"/> Practice Tai Chi |
| <input type="checkbox"/> Bodyweight Exercises | <input type="checkbox"/> Pilates |
| <input type="checkbox"/> Follow along to a YouTube Exercise Video | <input type="checkbox"/> Play Paddleball |
| <input type="checkbox"/> Run/Jog/Sprint | <input type="checkbox"/> Water Ski |
| <input type="checkbox"/> Use a Cardio Machine
(Row, Treadmill, Bike, etc.) | <input type="checkbox"/> Go Horseback Riding |
| <input type="checkbox"/> Rollerblade/Skate | <input type="checkbox"/> Dance |
| <input type="checkbox"/> Play Disc Golf | <input type="checkbox"/> Play Baseball/Softball/Wiffle Ball |
| <input type="checkbox"/> Jump Rope | <input type="checkbox"/> Lift Weights |
| <input type="checkbox"/> Paddleboard | <input type="checkbox"/> Volunteer |
| <input type="checkbox"/> Rock Climb/Boulder | |
| <input type="checkbox"/> Play Soccer | |
| <input type="checkbox"/> Play Kickball | |
| <input type="checkbox"/> Play Basketball | |
| <input type="checkbox"/> Play Football | |
| <input type="checkbox"/> Throw a Ball | |
| <input type="checkbox"/> Take the Dog on a Walk | |

Add Your Own:

<input type="text"/>	<input type="text"/>
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