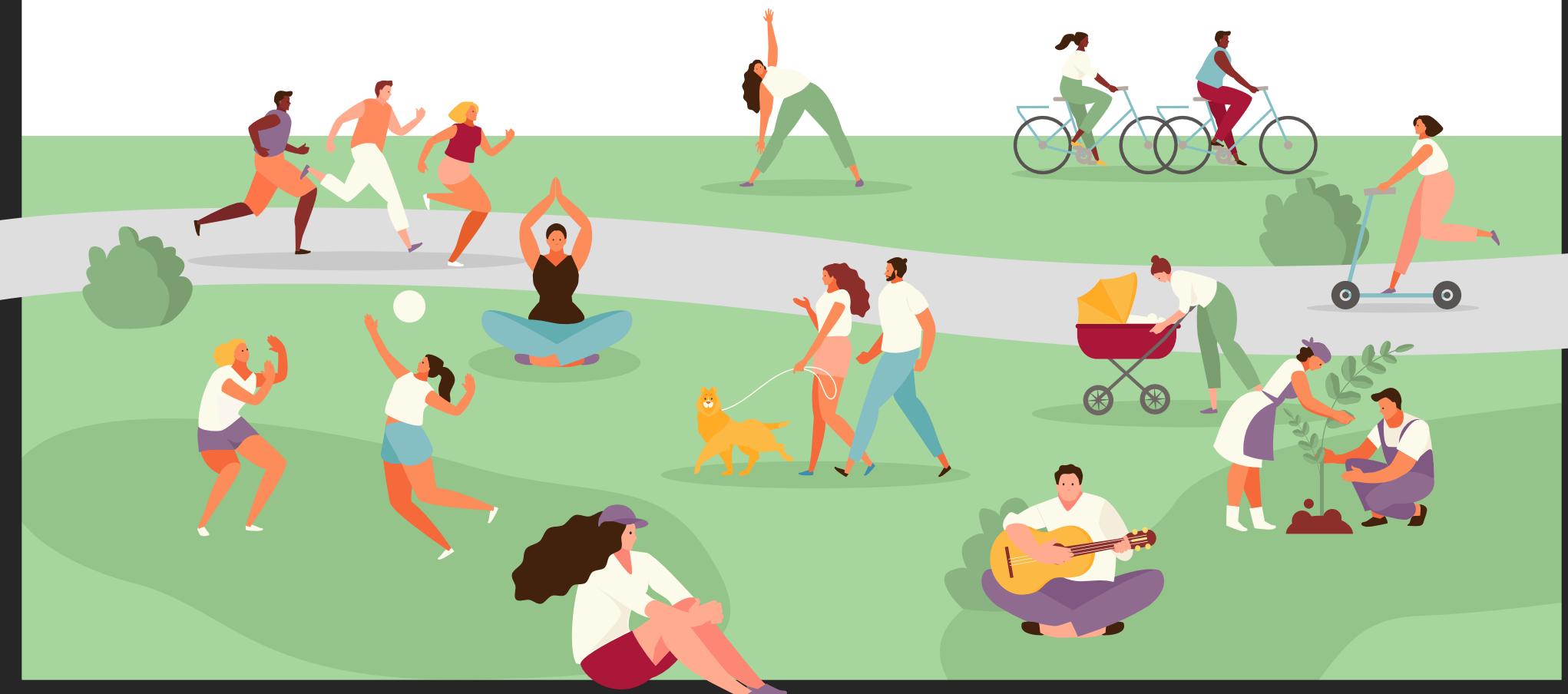


SUCCESS+

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

Add Your Own:
