

## Quiz questions

**Great!** You've completed the quiz successfully! Keep going! ([Hide quiz](#)).

### Question #0

What is the recommended minimum time for moving each day?

- ☐ 5 minutes
- ☒ 20 minutes
- ☐ 15 minutes
- ☐ 30 minutes

### Question #1

Having a strong commitment to a goal increases the likelihood of:

- ☒ Fulfilling the goal
- ☐ Forgetting the goal
- ☐ Not meeting the goal
- ☐ changing the goal

### Question #2

Does it matter what type of movement you do?

- ☐ Yes, we think you should only do the NYT 7 minute work out.
- ☐ I am not so sure what the expectation is.
- ☒ No, you can pick any kind of movement that you enjoy.
- ☐ Yes, we think you should only dance to amapiano or afrobeats.

### Question #3

Which of the following is the most important step to take to start practising daily Movement?

- ☒ Committing to the goal
- ☐ Understanding the benefits of movement
- ☐ Deciding on the duration of the exercise
- ☐ Talking to others about your plans

### Question #4

We've challenged you to 7 days of movement of any kind for at least 20 minutes each day. Let's hear your response...

Do you accept the Movement Challenge? Will you move for 20 minutes daily for the next 7 days?

- ☒ Yes, I'm in!
- ☐ I'm not able to do the challenge.

Tips:

If you can't do the specific activities mentioned, you can start with anything. The point is to get started!

## Question #5

If you schedule time in advance for when you will move, then:

- ☐ it won't make any difference.
- ☒ you will be more likely to do it.
- ☐ you will be less likely to do it.

# Tasks

## 0. End of Module

mandatory

Score: 100.0% (*Checks completed: 100.0%*)

Nothing else to do!

You can go to the next module.

Done!

Check your code