



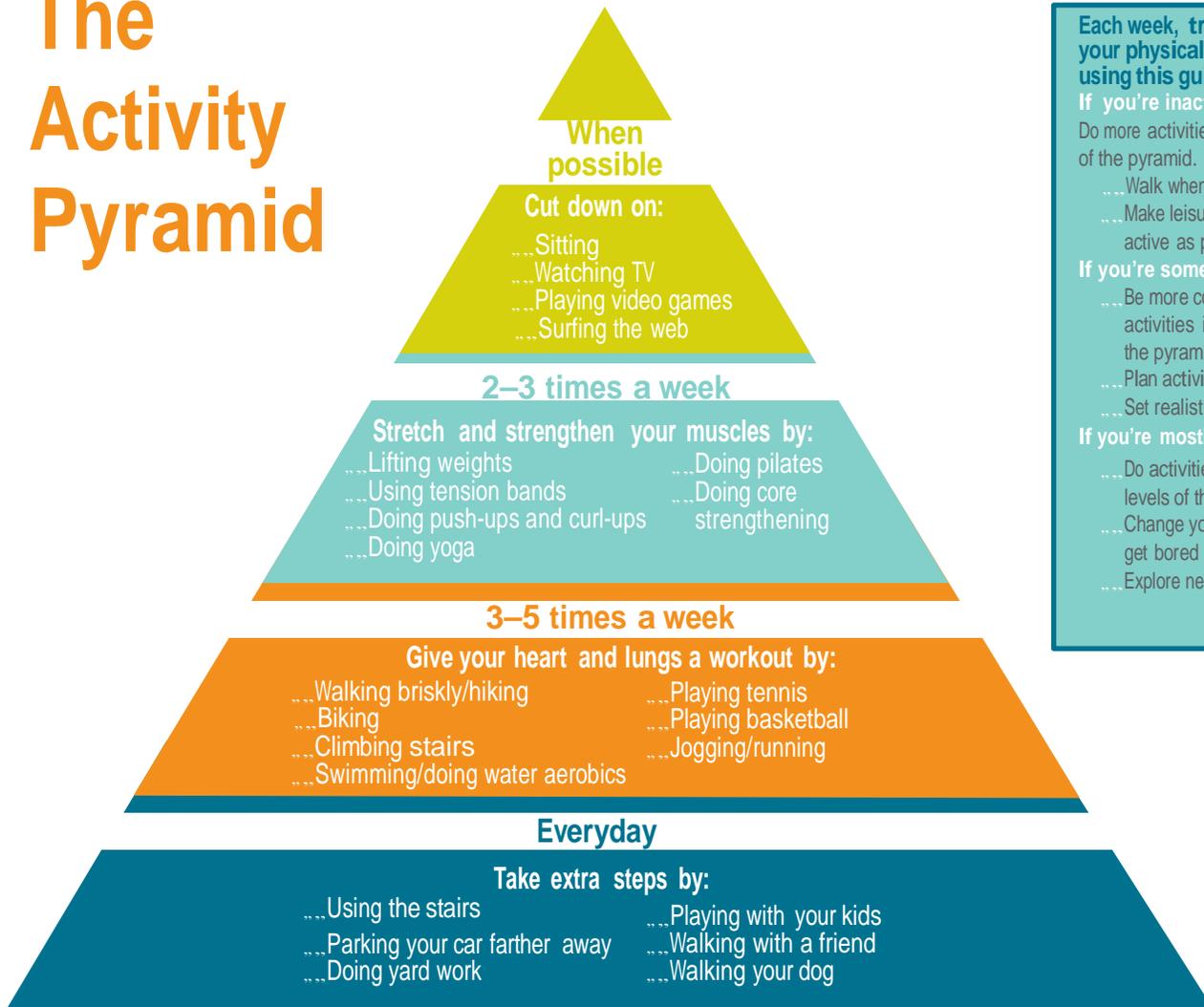
Get Moving Challenge Tracking Form

Name: _____

Give yourself one ✓ for every 10 minutes of physical activity you complete

Days	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S					
10 minutes																																								
10 minutes																																								
10 minutes																																								
Total Weekly Points: Each ✓ equals 10 points	_____Points Maximum 210							_____Points Maximum 210							_____Points Maximum 210							_____Points Maximum 210																		
Get Moving Weekly Bonus Points: One weekly activity is 10 points	_____Points Maximum 10							_____Points Maximum 10							_____Points Maximum 10							_____Points Maximum 10																		
Weekly Grand Total:	_____Points Maximum 220							_____Points Maximum 220							_____Points Maximum 220							_____Points Maximum 220																		

The Activity Pyramid



Each week, try to balance your physical activity using this guide

If you're inactive:
Do more activities at the base of the pyramid.
...Walk when you can.
...Make leisure time as active as possible.

If you're somewhat active:
...Be more consistent with activities in the middle of the pyramid.
...Plan activity into your day.
...Set realistic goals.

If you're mostly active:
...Do activities from all levels of the pyramid.
...Change your routine if you get bored
...Explore new activities.

Take Action...Get Moving! Bonus Activities

Bonus activities are an opportunity to earn an extra 10 points each week. Place a check “✓” in the bonus activity section of your tracking form after you complete the activity.

Week 1

Cut down on the amount of time you spend sitting.

One day this week replace 10 minutes you would have normally spent sitting and get moving. Think about how much time you spend sitting in a day watching television, playing non-interactive video games or working/playing at the computer. At home, turn off the TV or computer and take your dog for a walk, play outdoors with your kids or stand up while on the phone. At work, schedule a walking meeting or take a 10 minute break and ask a co-worker to go for a walk.

Week 2

Take five minutes to stretch three days this week.

Stretch at home or work at least five minutes three days this week. Focus on stretching those muscles to increase flexibility. Stretching reduces muscle tension and increases your energy level by improving circulation. Want to make it a family affair? Ask your spouse, partner or kids to stretch along with you!

Week 3

Strengthen your muscles two days this week.

Two days this week, complete a strengthening activity. Start slow and build your endurance. Building muscles help prevent injury and burns more energy. Strength training can be in the form of weight lifting, tension bands, push-ups or pull-ups. Or it can be as simple as doing lunges while vacuuming or lifting cans from the cupboards.

Week 4

Give your heart and lungs a new workout.

One day this week, exercise aerobically in a new way. Go for a bike ride, play basketball or tennis, take a water aerobics class, or go for a hike or a brisk walk. Be creative. Your heart and lungs will thank you for it!

Week 5

Take extra steps in the day.

Every day this week take some extra steps. At work, park your car farther away from the door or take the stairs instead of the elevator. At home, clean your house, work in the yard or take your dog for a walk.

Week 6

Get moving with friends and family one day this week.

There is nothing like spending time with people you care about. Plan a physical activity with friends, family members or co-workers one day this week.