

Moving in May

This challenge is to get you “moving” in May. Moving means engaging in moderate to vigorous physical activity. It can mean brisk walking, gardening, scrubbing the house, washing the car, bike riding, running, etc. For each day in May that you engage in physical activity that adds up to 30–59 minutes, place an X mark into the date box. Add another X if you “move” for 60 or more minutes. Have fun, be active, live longer and lighter!

May 2015

Mon Tue Wed Thu Fri Sat Sun

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31