

Let's Move It!!!

**Challenge:
Spring into Fitness**

April 2018 tracking sheet

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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				

Directions: According to the CDC, you should be getting 2 hours 30 minutes (150 minutes) of moderate-intensity aerobic activity and 2 or more days of muscle-strengthening activities that work all major muscle groups per week. What is your fitness goal(s) for April? _____
 Keep track of how many minutes you walk, jog, bike, yoga, or other exercise you do this month. Tally your total time on the calendar above. Add the totals up in the bottom box. Submit your April points on line by May 5th, at <https://rainier.tedk12.com//records>, Monthly Challenge or e-mail Debby Webster
Enter your points by May 5th to be entered in the prize drawing.

Total Points for the Month:

Name:

Sponsored by:



Rainier School District