The goal of this challenge is to **sneak movement** into everyday throughout the month of May. Use the calendar above to track your daily movement.

Submit your completed tracking sheet to Healthy Workplace by **Friday, June 7** to be entered into a draw to win a prize bundle!

**CHALLENGE INSTRUCTIONS**

**Example:** 20 minute walk, yoga class, pickleball with friends, cycling to work

No matter when, where or how you work, finding time to take physical activity breaks will help you be at your best.

[ParticipACTION.com/sneakitin](http://ParticipACTION.com/sneakitin)