

MAY MOVEMENT CHALLENGE

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|---|-----|-----|-----|-----|-----|
| | Examples: 20 minute walk, climbing the Dunton Tower stairs, yoga class, pickleball with friends, cycling to work | | | 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 |

CHALLENGE INSTRUCTIONS

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 6** to be entered into a draw to win a prize bundle!

**Sneak
it in** 

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


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