

# MAY MOVEMENT CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>Example:</b> 20 minute walk, 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 7** to be entered into a draw to win a prize bundle!



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](https://ParticipACTION.com/sneakitin)

