



Monthly Motivators

June 2024



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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						

GOAL:

Get 150 minutes of
exercise per week!

Use the calendar to keep
track and the tips to help
you reach your goal!

Tips for increasing physical activity:

- Walk with a pet
- Play an outdoor sport
- Try an online fitness video
- Go to a group exercise class
- Work with a personal trainer
- Use your lunch break to get moving