

# Just Move It

Maintaining an active lifestyle helps keep you well, both physically and emotionally. Depending on what you are doing, it might boost your social wellbeing, too!

**Your challenge is to complete 50 fitness activities in 50 days.**

## How it Works

- Choose any exercise from the list on the next page and record that number on the day you completed it
- You can complete multiple activities per day, but you can't record the same activity twice
- You can double up on activities (ex: you walked for 30 minutes (#2) with a friend (#12)).
- You can't combine mileage or minutes (if you walk 60 minutes (#4), you can't include activities #1-3 in that event).

|    |    |    |                 |    |    |    |
|----|----|----|-----------------|----|----|----|
| 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 | 32              | 33 | 34 | 35 |
| 36 | 37 | 38 | 39 <sup>®</sup> | 40 | 41 | 42 |
| 43 | 44 | 45 | 46              | 47 | 48 | 49 |
| 50 |    |    |                 |    |    |    |