

Exercise is optional; movement is essential.



Let's Get Moving!

What is it?

Everyone in Calloway County is invited to participate in a four-week physical activity challenge during the month of October.

Why join the challenge?

It's a fun and easy way to feel energized, get healthy and reduce stress with your family, friends and community.

How to join:

1. Dance, run, swim, walk or just Get Moving!
2. Track your physical activity minutes one of two ways:



lightenupcalloway.org



Paper tracking tool.

Get Moving Calloway!

What's YOUR Number?

- 0 Inactive is no activity beyond routine daily activity.
- 1 Low activity is fewer than 150 minutes of physical activity a week.
- 2 Medium activity is 150 minutes to 300 minutes of activity a week.
- 3 High activity is more than 300 minutes of physical activity a week.



**STOP.
RETHINK
YOUR
DRINK.
GO ON
GREEN.**

Exercise is optional; movement is essential.



Name: _____

Email: _____

Get Moving Calloway!

TRACKING CALENDAR

OCTOBER 2016

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1							1 Weekly Total Minutes____ 0 1 2 3 (circle one) _____Minutes
Week 2	2 _____Minutes	3 _____Minutes	4 _____Minutes	5 _____Minutes	6 _____Minutes	7 _____Minutes	8 Weekly Total Minutes____ 0 1 2 3 (circle one) _____Minutes
Week 3	9 _____Minutes	10 _____Minutes	11 _____Minutes	12 _____Minutes	13 _____Minutes	14 _____Minutes	15 Weekly Total Minutes____ 0 1 2 3 (circle one) _____Minutes
Week 4	16 _____Minutes	17 _____Minutes	18 _____Minutes	19 _____Minutes	20 _____Minutes	21 _____Minutes	22 Weekly Total Minutes____ 0 1 2 3 (circle one) _____Minutes
Week 5	23 _____Minutes	24 _____Minutes	25 _____Minutes	26 _____Minutes	27 _____Minutes	28 _____Minutes	29 Weekly Total Minutes____ 0 1 2 3 (circle one) _____Minutes
Week 6	30 _____Minutes	31 _____Minutes					