

Move More Calendar

It feels great to be physically active! Aim at getting that good feeling at least thirty minutes a day. **For each 10 minutes of activity, put a check in the box for that day.** Try to have at least **three checks a day for five or more days.** Put a great big red circle around the days with three or more checks and congratulate yourself for meeting your goal!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

