FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JANUARY'S TWELVE DAYS OF MOVEMENT CHALLENGE

MOVE THOSE MUSCLES FOR THE NEW YEAR!

Aim for 12 days of movement this January. Write your name and draw a start under each day of the month you're active. For example, if you're active on January 5th, draw a star under 5. Workouts count if your heartrate is up and you're active for periods of 10 minutes or more. Take a jog, walk the dog or dance with eggnog – the choice is yours. Let's move!

YOUR NAME	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