



# MINUTES OF MOVEMENT

## A PHYSICAL ACTIVITY CHALLENGE

### TRACKING LOG

Use the tables below to record your minutes of movement for each day of the week. See if you can hit the 60-minute daily maximum! Then, head over to the challenge website to submit your minutes and help your team reach the top of the leaderboard.

#### KEEP THIS IN MIND...

Physical activity doesn't have to mean lifting weights at the gym. The key to staying consistent with exercise is choosing activities that you enjoy and looking for opportunities to move your body throughout the day. You can play your favourite sport, go dancing, or spend time outdoors hiking or canoeing.

Use your routine:

- Take your dog for a walk
- Choose the stairs over the elevator
- Play with your kids
- Work in your garden

Look for micro movements:

- Use your break to do some stretches
- Try micro-burst workouts like 10 push-ups or lunges at a time
- Walk when you take phone calls

**Check out the  
Resource Centre for  
more tips and ideas!**

#### WEEK 1

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY



CALCULATE YOUR TOTAL MINUTES OF MOVEMENT FOR WEEK 1:

#### WEEK 2

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY



CALCULATE YOUR TOTAL MINUTES OF MOVEMENT FOR WEEK 2: