

Medical Fitness Week **May 9-15**

MOVE 150 CHALLENGE

Name: _____

Phone: _____

Email: _____

Your goal is to move at least 150 minutes this week!

Choose one square per day, for 7 days, and write in the number of activity minutes and the date.

Activity challenges do not have to be completed in order.



M	O	V	E	1	5	0
CIRCUIT: Repeat 5x 10 Squats, Plank (30 sec.), Jumping Jacks (30 sec.) Date: _____ Minutes: _____	Outdoor Bike Ride Date: _____ Minutes: _____	Walk/Jog/Run Date: _____ Minutes: _____	Take a Group Exercise Class Date: _____ Minutes: _____	Treadmill/ Elliptical/Cycle/ Row Machine Date: _____ Minutes: _____	Yard Work/ Garden Date: _____ Minutes: _____	Abdominal/ Core Exercise Date: _____ Minutes: _____
Treadmill/ Elliptical/Cycle/ Row Machine Date: _____ Minutes: _____	Take a Yoga Class Date: _____ Minutes: _____	Go Swimming Date: _____ Minutes: _____	Take a Mind/Body Class Date: _____ Minutes: _____	Take a Group Exercise Class Date: _____ Minutes: _____	Shoot Hoops/ Play Basketball Date: _____ Minutes: _____	Kettlebell Workout Date: _____ Minutes: _____
Strength Training Date: _____ Minutes: _____	CIRCUIT: Repeat 5x Plank (30 sec.), Squats (30 sec.) Date: _____ Minutes: _____	Treadmill/ Elliptical/Cycle/ Row Machine Date: _____ Minutes: _____	Walk/Jog/Run Date: _____ Minutes: _____	CIRCUIT: Repeat 5x Jump Rope (3 min.) Date: _____ Minutes: _____	Take a Group Exercise Class Date: _____ Minutes: _____	Play Tennis/ Pickleball Date: _____ Minutes: _____
CIRCUIT: Repeat 5x Jump Rope (3 min.) Date: _____ Minutes: _____	Stretch Date: _____ Minutes: _____	Shoot Hoops/ Play Basketball Date: _____ Minutes: _____	Strength Training Date: _____ Minutes: _____	Walk/Jog/Run Date: _____ Minutes: _____	Treadmill/ Elliptical/Cycle/ Row Machine Date: _____ Minutes: _____	Foam Roll Date: _____ Minutes: _____
Workout with a Friend/Partner/Spouse Date: _____ Minutes: _____	Treadmill/ Elliptical/Cycle/ Row Machine Date: _____ Minutes: _____	CIRCUIT: Repeat 5x 10 Squats, Plank (30 sec.), Jumping Jacks (30 sec.) Date: _____ Minutes: _____	Bodyweight Circuit Date: _____ Minutes: _____	Strength Training Date: _____ Minutes: _____	Go Swimming Date: _____ Minutes: _____	Take a Group Exercise Class Date: _____ Minutes: _____
Walk/Jog/Run Date: _____ Minutes: _____	Play Tennis/ Pickleball Date: _____ Minutes: _____	Yard Work/ Garden Date: _____ Minutes: _____	Foam Roll Date: _____ Minutes: _____	Abdominal/ Core Exercise Date: _____ Minutes: _____	Outdoor Bike Ride Date: _____ Minutes: _____	Treadmill/ Elliptical/Cycle/ Row Machine Date: _____ Minutes: _____
MOVE150 Your Choice Date: _____ Minutes: _____	MOVE150 Your Choice Date: _____ Minutes: _____	MOVE150 Your Choice Date: _____ Minutes: _____	MOVE150 Your Choice Date: _____ Minutes: _____	MOVE150 Your Choice Date: _____ Minutes: _____	MOVE150 Your Choice Date: _____ Minutes: _____	MOVE150 Your Choice Date: _____ Minutes: _____

Submit your completed MOVE150 challenge card to the Fitness Desk by May 20 to be entered to win one of two prizes. Winners will be notified the week of May 23. Visit vhwellfit.com/MOVE150 for more details.

