

Medical Fitness Week **May 8-14**

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

Submit your completed MOVE150 challenge card to the Member Services desk by May 19 to be entered to win one of two prizes. Winners will be notified the week of May 22. Visit [fitnesscenterofthibodauxregional.com/MOVE150](http://fitnesscenterofthibodauxregional.com/MOVE150) for more details.

