

Medical Fitness Week **May 9-15**

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.

You do not have to complete challenges 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: _____	Yardwork/ 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: _____	Repeat 5x Jump Rope (3 min.) Date: _____ Minutes: _____	Take a Group Exercise Class Date: _____ Minutes: _____	Play Tennis/ Pickleball Date: _____ Minutes: _____
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: _____
Work Out 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: _____	Yardwork/ 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 Member Services Desk by **May 20** to be entered to win one of two prizes. Winners will be notified the week of May 23. Visit lakeforesthfc.com/move150 for more details.