



You've got to  
**MOVE IT**

*if you wanna use it!*

*You've got to stay active if you want to stay healthy! Get in the game by keeping track of how many minutes you're active each day. REMEMBER: Being active can include playing sports **OR** other activities like swimming, biking, gardening, cleaning or Whatever gets YOU in the game!!*

**GO FOR THE GOLD! TRY TO BE ACTIVE 1 HOUR EVERY DAY!**

DAY	ACTIVITY	GOAL	ACTUAL
SUNDAY		60 minutes	
MONDAY		60 minutes	
TUESDAY		60 minutes	
WEDNESDAY		60 minutes	
THURSDAY		60 minutes	
FRIDAY		60 minutes	
SATURDAY		60 minutes	
<b>TOTAL</b>		<b>240 minutes</b>	

**How do you rate? Check your weekly accomplishment on our chart to see where you're headed!**

120-155 total minutes

**ROOKIE:** you're just getting started- keep up the good work & you'll be going for GOLD in no time!

156-239 total minutes

**JR. VARSITY:** you're SOOOO close to achieving your goals- keep up the hard work!

240 minutes or more!

**MVP!** You're rockin' it! Havin a good time and feelin' GREAT! Keep on keepin' on!