Movement Challenge

The American Heart Association recommends at least 150 minutes of moderate exercise a week for adults. Only 23% of all adults get the recommended amount of exercise each week. Join in OakFit's Movement Challenge and track your active minutes per week. Weekly Smartsheet emails will be sent to collect active minute totals. Find the Weekly Smartsheet Email Schedule on the Movement Challenge webpage.

OakGov.com/Wellness

Name: _____

Department: _____

Email: _____

	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
WEEK 1								
WEEK 2								
WEEK 3								
WEEK 4								