

MOVETOBER

Stay Active
Stay Bright this Fall



Every Monday you will receive an email with a link to submit your weekly goal progress. If you don't receive the email, **contact kevans@searhc.org** to submit. Enter by midnight each Monday to be in the raffle.

My goal is to: _____

Keep this sheet handy to track your progress

My Active Minutes Goal _____

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
10/1	10/2	10/3	10/4	10/5	10/6	10/7	10/8	10/9	10/10
Zoom 12:15		Tai Chi Zoom Class 3 p.m.				Tai Chi Zoom Class 3 p.m.			Tai Chi Zoom Class 3 p.m.

Total Active Minutes _____

My Active Minutes Goal _____

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Total Active Minutes
10/11	10/12	10/13	10/14	10/15	10/16	10/17	
Zoom 12:15 Submit week 1			Tai Chi Zoom Class 3 p.m.			Tai Chi Zoom Class 3 p.m.	

My Active Minutes Goal _____

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Total Active Minutes
10/18	10/19	10/20	10/21	10/22	10/23	10/24	
Zoom 12:15 Submit week 2			Tai Chi Zoom Class 3 p.m.			Tai Chi Zoom Class 3 p.m.	

My Active Minutes Goal _____

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Total Active Minutes
10/25	10/26	10/27	10/28	10/29	10/30	10/31	
Zoom 12:15 Submit week 3			Tai Chi Zoom Class 3 p.m.			Tai Chi Zoom Class 3 p.m. Submit week 4	

The CDC recommends adults (18-64 years) complete at least 150 minutes a week of moderate intensity activity such as brisk walking and a minimum of 2 days a week of activities that strengthen muscles.