

# MOVETOBER

## Move to Improve

Every Monday you'll receive an email with a link to submit your weekly goal progress and a zoom link to the "Lunch & Move." If you don't receive the email, contact [kevans@searhc.org](mailto:kevans@searhc.org). **Enter by midnight each Monday to be entered to win prizes.**

**My Movetober Goal is to:** \_\_\_\_\_

**THIS SHEET IS FOR PERSONAL TRACKING PURPOSES ONLY.**  
*Submit your progress every Monday.*

**My Movement Goal** this week is: \_\_\_\_\_

Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
10/1	10/2	10/3	10/4	10/5	10/6	10/7
Lunch & Move 12:15-12:45						

*Did you move to improve this week?*

\_\_\_\_\_

**My Movement Goal** this week is: \_\_\_\_\_

Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
10/8	10/9	10/10	10/11	10/12	10/13	10/14
Lunch & Move 12:15-12:45					Submit Weekly Progress	

*Did you move to improve this week?*

\_\_\_\_\_

**My Movement Goal** this week is: \_\_\_\_\_

Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
10/15	10/16	10/17	10/18	10/19	10/20	10/21
Lunch & Move 12:15-12:45					Submit Weekly Progress	

*Did you move to improve this week?*

\_\_\_\_\_

**My Movement Goal** this week is: \_\_\_\_\_

Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
10/22	10/23	10/24	10/25	10/26	10/27	10/28
Lunch & Move 12:15-12:45					Submit Weekly Progress	

*Did you move to improve this week?*

\_\_\_\_\_

**My Movement Goal** this week is: \_\_\_\_\_

Wednesday	Thursday	Friday	Saturday	Sunday	Monday
10/29	10/30	10/31	11/1	11/2	11/3
Lunch & Move 12:15-12:45					Submit Weekly Progress

*Did you move to improve this week?*

\_\_\_\_\_

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 two days a week of activities that strengthen muscles.