



Helping families eat well and be active

## Moving around every day chart

Moving your body every day is part of a healthy lifestyle and reduces your chances of having a disease or medical problems. It can also help reduce high blood pressure, diabetes and cardiovascular disease or problems with your heart and blood vessels.

Moving around more can help you have more energy throughout the day. You don't have to do your physical movement all at one time, you can break it up into shorter amounts of time. Moving can also be fun. Dance, clean, garden, bike, do karate or yoga or wrestle.

### How many times will you move today?

Set your goal: I will move for \_\_\_\_ minutes \_\_\_\_ times a day.

Check each box or add a sticker every time you make your **MOVE**.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							

