

MAY 2015 – Exercise Challenge


It is recommended that you should exercise 30 minutes at a moderate intensity 5 days each week to keep your cardiovascular system strong and healthy.

FOR EACH DAY:

Circle the **YES** if you exercised 30 minutes

Circle the **NO** if you did not exercise 30 minutes

DATE	Daily Completion	
May 1	YES	NO
May 2	YES	NO
May 3	YES	NO
May 4	YES	NO
May 5	YES	NO
May 6	YES	NO
May 7	YES	NO
May 8	YES	NO
May 9	YES	NO
May 10	YES	NO
May 11	YES	NO
May 12	YES	NO
May 13	YES	NO
May 14	YES	NO
May 15	YES	NO
May 16	YES	NO
May 17	YES	NO
May 18	YES	NO
May 19	YES	NO
May 20	YES	NO
May 21	YES	NO
May 22	YES	NO
May 23	YES	NO
May 24	YES	NO
May 25	YES	NO
May 26	YES	NO
May 27	YES	NO
May 28	YES	NO
May 29	YES	NO
May 30	YES	NO
May 31	YES	NO



30 minutes each day doing aerobic exercise to keep you healthy:

JOG
 RUN
 WALK
 BIKE
 STAIRSTEPPING
 ELIPTICAL
 TREAD CLIMBER
 VIDEO DVD'S
 ROCK'N TO THE 50'S
 DANCING

Keep Moving for 30 minutes