

# TEAM PLUS PRESENTS MY MOVE MY WAY

**NAME:**  
**MY MOVE:**  
**MY WAY:**

- The Challenge = How many minutes of physical activity (your move) can you do during your challenge (your way)
- Each column of blue boxes is a new week...write your total minutes per day in these boxes

**TAG US IN YOUR PICTURES OF YOUR  
MOVE YOUR WAY**

**TWITTER - @TEAMACTIVPLUS  
FACEBOOK - @TEAMACTIV**

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