

BODY FOCUS FOR APRIL 2022

Get Up & Move Challenge - Tracking Sheet & Protein Intake

April Goal: Do at least 150 minutes of moderate-intensity aerobic activity a week—that's at least 30 minutes, 5 days per week. If you are currently not working out at all, start with 10-15mins 3 times a week! We will also be tracking our Protein Intake! Protein intake Calculate

Get Up & Move Challenge – Get Started The Get Up & Move Challenge is a program that encourages you to get in 150 minutes of physical activity per week. Please note that it is important to start slowly and gradually increase your level of activity over time. Here is what you need to do to accomplish this challenge and fire up your muscles:

- 1. Log your minutes of physical activity using the Get Up & Move Challenge tracking sheet.
- 2. Total your activity minutes and submit your tracking sheet each week to Jennifer

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 minutes of brisk walking		30 minute bike ride	30 minutes of brisk walking	30 minutes of brisk walking	30 minute bike ride	

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Totals
Week 1- April 1st-8th								
Week 2- April 9th-15th								
Week 3- April 16th-22nd								
Week 4- April 23-30th								
Totals								