





























# Keep Moving...TOGETHER

## The Hello Sunshine Challenge

**Instructions:** Track your progress by filling in each activity you complete daily using the below fitness log.

**Goal:** The goal of this challenge is to keep moving and spend at least 15 minutes per day doing something active outdoors, for a minimum of 10 days per month.

	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Keep Moving – Together is more than a fitness challenge. We're a team and a family that will cheer you on and keep you motivated, while you reach and conquer your goals.