



30-DAY MOVEMENT CHALLENGE

SUN

MON


TUE

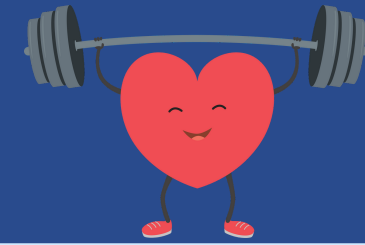
WED

THU

FRI

SAT

1. <input type="checkbox"/> Hoover & clean your room	2. <input type="checkbox"/> Go for a walk or roll in your local park	3. <input type="checkbox"/> Lift your bottom off the chair everytime someone enters the room	4. <input type="checkbox"/> Log on to Activity Hub for weekly challenge	5. <input type="checkbox"/> Challenge a staff member to do 10 sit to stands with you	6. <input type="checkbox"/> 10 heel & toe raises while the kettle boils	7. <input type="checkbox"/> Balance a book on your head and walk or roll down the hall
8. <input type="checkbox"/> 5 minute ad break challenge	9. <input type="checkbox"/> Do 5-10 leg raises when drinking your tea or coffee	10. <input type="checkbox"/> Log on for Aerobics class on the Activity Hub	11. <input type="checkbox"/> Log on to Activity Hub for weekly challenge	12. <input type="checkbox"/> March on the spot while the kettle boils	13. <input type="checkbox"/> Put on your favourite song on and dance	14. <input type="checkbox"/> Go for a 10 minute walk and listen to music
15. <input type="checkbox"/> Empty or fill the dishwasher in your house	16. <input type="checkbox"/> 10 Air punches every time tea or coffee is mentioned	17. <input type="checkbox"/> Balance on one leg with support before lunch (10 secs)	18. <input type="checkbox"/> Log on to Activity Hub for weekly challenge	19. <input type="checkbox"/> Log on for Zumba on the Activity Hub	20. <input type="checkbox"/> March on the spot (30secs) If someone mentions the weather	21. <input type="checkbox"/> Reach for your toes 10 times before lunch
22. <input type="checkbox"/> How many leg raises can you do to your favourite song?	23. <input type="checkbox"/> Try a tai chi class on the Activity Hub	24. <input type="checkbox"/> 5-10 minutes on a motor med or exercise bike	25. <input type="checkbox"/> Log on to Activity Hub for weekly challenge	26. <input type="checkbox"/> Log on for Movement Bingo on the Activity Hub	27. <input type="checkbox"/> Side steps or toe taps while waiting for the bus	28. <input type="checkbox"/> Before you brush your teeth 10 toe raises
29. <input type="checkbox"/> Take 5 minutes to stretch	30. <input type="checkbox"/> In your centre try a ball game or throw & toss with everyone	31. <input type="checkbox"/> Dance to the Monster Mash 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



NAME:



Tick the box
Each day you do an activity.

MOVEMENT FOR LIFE

