



Move This Way Activity GOALS Sheet 1

Visit: www.movethisway.ca

On this sheet there is no time requirement, just give things a try.

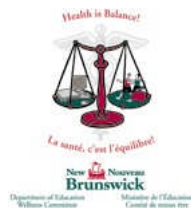
Go for a walk with a family member, friend or pet	Have a healthy breakfast today (3+ food groups)	Physical activity of your choice	Go for a walk	Play an active game inside with a friend or family member
Put on some music and move to it	Physical activity of your choice	Go for a walk	Get at least 5 servings of fruit & vegetables today	Be active inside
Go for a walk	Be active in your noon hour	Have a healthy breakfast today. (3+ food groups)	Be active outside with a friend, family member or pet	Physical activity of your choice
Get at least 5 servings of fruit & vegetables today	Go for a walk	Be active outside	Physical activity of your choice	Go for a walk
Get a friend, family member or co-worker to join this challenge	Physical activity of your choice	Go for a walk	Put on some music and move to it	Try a new fruit or vegetable today

Your name: _____

Your phone#: _____ Your e-mail address: _____

Your Commitment: I will complete this sheet in _____ days.

You need to get a straight line up and down, side-to-side (in any column or row) or corner-to-corner. You can only cross off one square per activity: for example if you went on a walk outside you could count it as a walk or an outside activity not both. You can do several activities in one day though! You must finish one level before you move on to the next.



Fredericton