

April 2024 – Move Your Feet
Goal: 10+ minutes of aerobic exercise / 12 days
Submit by 5/15/24

Long-term goal: AHA recommends 150-minutes of moderate aerobic exercise per week (5 days, 30 minutes).

	<u>Date</u>	<u>Exercise</u>	<u>Time</u>
Example:	4/1	Walking	10 minutes
	4/2	Jogging	3 miles
	4/3	Pedometer	10,000 steps

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Notes (optional):