

# 20 MINUTE MOVE CHALLENGE

*I will move 20 minutes each day, for 30 days!*

DAY	DATE	MINUTES EXERCISED	WORKOUT TYPE	WATER (8oz/drop)
1	Monday 4/29			
2	Tuesday 4/30			
3	Wednesday 5/1			
4	Thursday 5/2			
5	Friday 5/3			
6	Saturday 5/4			
7	Sunday 5/5			
8	Monday 5/6			
9	Tuesday 5/7			
10	Wednesday 5/8			
11	Thursday 5/9			
12	Friday 5/10			
13	Saturday 5/11			
14	Sunday 5/12			
15	Monday 5/13			
16	Tuesday 5/14			
17	Wednesday 5/15			
18	Thursday 5/16			
19	Friday 5/17			
20	Saturday 5/18			
21	Sunday 5/19			
22	Monday 5/20			
23	Tuesday 5/21			
24	Wednesday 5/22			
25	Thursday 5/23			
26	Friday 5/24			
27	Saturday 5/25			
28	Sunday 5/26			
29	Monday 5/27			
30	Tuesday 5/28			