

<b>Day of the Week</b>	<b>Movement Activity</b>	<b>How It Supports Your Goal</b>
<b>Monday</b>	<i>Ex: Afternoon hike with friends</i>	<i>Ex: Gets my heart pumping and is a long caloric burn that is still fun and gets me out of the house.</i>
<b>Tuesday</b>		
<b>Wednesday</b>		
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>		
<b>Sunday</b>		