

# September movement challenge



LET'S MOVE OUR BODIES EVERY DAY

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

Keep a record of all the movement you do.

Walk, bike ride, strength workout, HIIT session, yoga, swim.

**WEEKLY GOAL**

2 x strength sessions, 1 x stretch (yoga), 30 mins movement everyday