in motion™

Physical Activity - do it for life!

MIDDLESEX - LONDON
Building Canada's Healthiest Community

www.inmotion4life.ca

HOW TO USE THIS TOOL

POST in your classroom, fitness centre, work place and get active! Write individual or team names in the rows.

TRACK individual or team minutes in each row.

TOTAL them at the end to see your monthly grand total.

CELEBRATE your success and commit to staying active.

BE WELL ALL YEAR ROUND:

1. **MOVE.** Be active every day.
2. **EAT.** Balance your diet with lots of vegetables and fruit, and drink plenty of water.
3. **SLEEP.** Put screens away 1-2 hours before bed, and sleep .....
4. **PLAY.** Get involved in your neighbourhood and community.

MONTH:

NAME	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	31	TOTAL