

GET
MOVING

30 DAY #MOVEFORLEX CHALLENGE

LET'S GET MOVING FOR THOSE WHO CAN'T - 30 MINUTES A DAY FOR 30 DAYS!



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Keep Moving! You got this <input type="checkbox"/>
DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12
<input type="checkbox"/>	Try moving in a different way today! <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Be Kind, Always! <input type="checkbox"/>	<input type="checkbox"/>
DAY 19	DAY 20	DAY 21	DAY 22	DAY 23	DAY 24
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
<input type="checkbox"/>	Almost there! Keep moving... <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Woohoo! That's 30 days of moving! <input type="checkbox"/>

FITNESS GOALS

NOTES

Don't forget to
share your videos
and images with us
if you get out
and moving!



@moveforlex

Moving for a good cause! Thank you for raising funds to provide care, comfort, and support to families with loved ones in the RBWH intensive care unit. moveforlex.com