



JUNE MOVEMENT CALENDAR

Goal of at least one movement activity (brisk walk, strength training, swimming, sports, etc.) per day for 21 days.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Workout/Exercise <u>Date: 6/10/2024</u>	Workout/Exercise <u>Date: 6/11/2024</u>	Workout/Exercise <u>Date: 6/12/2024</u>	Workout/Exercise <u>Date: 6/13/2024</u>	Workout/Exercise <u>Date: 6/14/2024</u>	Workout/Exercise <u>Date: 6/15/2024</u>
Workout/Exercise <u>Date: 6/16/2024</u>	Workout/Exercise <u>Date: 6/17/2024</u>	Workout/Exercise <u>Date: 6/18/2024</u>	Workout/Exercise <u>Date: 6/19/2024</u>	Workout/Exercise <u>Date: 6/20/2024</u>	Workout/Exercise <u>Date: 6/21/2024</u>	Workout/Exercise <u>Date: 6/22/2024</u>
Workout/Exercise <u>Date: 6/23/2024</u>	Workout/Exercise <u>Date: 6/24/2024</u>	Workout/Exercise <u>Date: 6/25/2024</u>	Workout/Exercise <u>Date: 6/26/2024</u>	Workout/Exercise <u>Date: 6/27/2024</u>	Workout/Exercise <u>Date: 6/28/2024</u>	Workout/Exercise <u>Date: 6/29/2024</u>
Workout/Exercise <u>Date: 6/30/2024</u>						