

# WINTER Warm-up CHALLENGE

DAY 10

YOU DID IT!

DAY 9

DAY 8

DAY 7

DAY 6

DAY 5

DAY 4

DAY 3

DAY 2

DAY 1

MOVE MORE  
GOAL:

**GET READY TO MOVE MORE  
AND WARM UP!**

Are you up for the Challenge?

**For 10 days, shade in the  
thermometer each day that you  
move more and watch it warm up.**

**Moving more** means doing  
anything extra that gets your heart  
pumping faster & warms you up.

