

## The Daily Movement Challenge

The goal is not a complete full body workout, although the numbers here could increase over time and get close to a full workout.

The goal is to practice embedding movement into your everyday life, the precursor for increasing your physical activity over time.

We've factored in a gentle increase in numbers over the 8-weeks.

Day	Exercise	Week 1		Week 2		Week 3		Week 4		Week 5		Week 6		Week 7		Week 8	
		#	Did it	#	Did it	#	Did it	#	Did it	#	Did it	#	Did it	#	Did it	#	Did it
Monday	Squats*	30		32		34		36		38		40		42		44	
Tuesday	Situps	30		32		34		36		38		40		42		44	
Wednesday	Lunges**	30		32		34		36		38		40		42		44	
Thursday	Pushups	30		32		34		36		38		40		42		44	
Friday	Mountain climbers	30		32		34		36		38		40		42		44	
Saturday	Light walk	30		32		34		36		38		40		42		44	
Sunday	Light walk	30		32		34		36		38		40		42		44	

\* Do a quick google search if you don't know how to do any of the suggested exercises.

\*\* the count refers to total lunges, so 30 equals 15 lunges for each leg.