



Challenge: Let's Get Moving

Welcome back to our Health & Wellness Challenge, OHIO! Let's get up and get moving! Reward yourself for getting active and moving. All you need is 30 minutes a day!

INSTRUCTIONS: Give yourself two (2) points for every day you spend 30+ minutes being active/exercising. Tally your points in the calendar below.

Name: _____ Member Number: _____

Sunday	Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 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			

Did you earn **50 points** this month? Submit your points by **OCTOBER 5, 2026** to be entered in the prize drawing.



Total Points for the Month

*Please note that this challenge is **not** intended to replace medical advice. Before beginning this or any other nutritional or exercise regimen, consult your physician to be sure it is appropriate for you.