



MOVE & WIN!

Week 1

Write the number of minutes below when you are physically active 10 minutes or more at a time and total the minutes for each day.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Minutes							
Total Minutes							

Week 1 Total Minutes _____
of Days Active _____

Week 1 – Figure your Baseline and Set a Goal:

- During Week 1, exercise as you usually do. Do not change your normal routine.
- Write down the number of minutes in your log each time you are active 10 minutes or more.
- Complete your log and total your minutes of activity before the end of each day.
- If you are not active on some days, still complete your log by writing in "0".
- At the end of Week 1, add the total minutes you were active each day. Divide that total by the number of days you were active.
- Figure your goal by adding 10 minutes to your baseline minutes.

$$\frac{\text{week 1 total minutes}}{\text{days active}} = \text{baseline minutes} + 10 \text{ minutes} = \text{my minute goal}$$

- If 5 days of activity does not seem doable for you, set your goal to be active on 3 or 4 days.

My goal is to be active _____ minutes on _____ days a week by Week 8.



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Week 1

Use this form to turn in if you would like to participate in the Move and Win Campaign from January 7-March 2, 2008. Transfer your total number of minutes from the log above.

If you are a student participating in this campaign through school, you do not need to send in this form. Your teacher will give you instructions.

Name (please print) _____ Phone _____

Week 1 Total Minutes _____ # of Days Active _____ GOAL: _____ minutes on _____ days

Questions or comments: _____

Turn in this form by Tuesday of the next week to be eligible for prizes using one of the ways below —

Mail to: Energize Eau Claire County, PO Box 479, Eau Claire, WI 54702-0479

Fax to: 858-1616

Drop off: Any public library or senior center in Eau Claire County



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Week 2

Write the number of minutes below when you are physically active 10 minutes or more at a time and total the minutes for each day.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Minutes							
Total Minutes							

Week 2 Total Minutes _____
of Days Active _____

Week 2 – Tune In and Ease Into It:

- When you are physically active, it's important to tune in to your body.
- Think about how your body feels and what it can and can't do.
- Push yourself a little, but don't overdo it.
- Ease into any new activity to give your body time to get used to the movement.
- Drink plenty of water! Drink 6-8 glasses of water a day.
- When you move more, your body needs the extra water.

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Week 2 Total Minutes _____ # of Days Active _____ GOAL: _____ minutes on _____ days

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Week 3

Write the number of minutes below when you are physically active 10 minutes or more at a time and total the minutes for each day.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Minutes							
Total Minutes							

Week 3 Total Minutes _____
of Days Active _____

Week 3 – Warm-Up, Cool Down, and Stretch:

- Warming up, stretching and cooling down are very important to prevent injury.
- Warm up by walking or doing your activity at a slower pace for 5 minutes.
- Finish your activity by walking again or by slowing down for at least 5 minutes.
- Cooling down helps your heartbeat return to its resting rate.
- Stretch any muscles that feel tight or tense.
- Stretching helps to decrease soreness and increase balance and flexibility.

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Week 3 Total Minutes _____ # of Days Active _____ GOAL: _____ minutes on _____ days

Questions or comments: _____

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Week 4

Write the number of minutes below when you are physically active 10 minutes or more at a time and total the minutes for each day.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Minutes							
Total Minutes							

Week 4 Total Minutes _____
of Days Active _____

Week 4 – Build Physical Activity into Your Daily Routine:

- Find some times in the day when you could be active and schedule them like you would any other important event.
- Remember, you can split up your activity – 10 minutes in the morning, 10 minutes in the afternoon, 10 minutes in the evening.
- Think about walking instead of driving to a place that's only 10 minutes away.
- Get active with your friends, family and co-workers. Schedule a walk with them over lunchtime, at break time or on the weekend.
- Did you know that there are 1440 minutes in a day? Just spend 20-30 of those minutes being active at least 5 days a week!

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Week 4 Total Minutes _____ # of Days Active _____ GOAL: _____ minutes on _____ days

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Week 5

Write the number of minutes below when you are physically active 10 minutes or more at a time and total the minutes for each day.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Minutes							
Total Minutes							

Week 5 Total Minutes _____
of Days Active _____

Week 5 – Time to Check In:

- When you are trying to be more active and make it a habit, it's important to think about what's going well and what's not.
- Review your logs for the last 3 weeks and think about your activity. Do you see any patterns?
- What are some things that helped you to be active? Stick with those things!
- Don't be discouraged if there are things that made it harder for you to be active. Now that you know what they are, figure out what changes to make.
- You may have some bad days or even a bad week, but keep going.
- Feel good about working through the problems and sticking to it!

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Week 6

Write the number of minutes below when you are physically active 10 minutes or more at a time and total the minutes for each day.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Minutes							
Total Minutes							

Week 6 Total Minutes _____
of Days Active _____

Week 6 – Don't Let the Cold Weather Stop You:

- Make a list with your family or a friend of ways to be active inside.
- You might include things like bowling, walking in a mall or grocery store, roller skating, jumping rope, climbing stairs, dancing or swimming,
- Find at least one friend you can depend on to be active with.
- You will have more energy when you are physically active on a regular basis.
- Regular physical activity can put you in a better mood too & help you shake the winter blues.

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Week 6 Total Minutes _____ # of Days Active _____ GOAL: _____ minutes on _____ days

Questions or comments: _____

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Week 7

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Minutes							
Total Minutes							

Week 7 Total Minutes _____
of Days Active _____

Week 7 – Change Your Surroundings to Support Your New Habit:

- Keep a pair of walking shoes in your car, at work or at school so you're ready to go when there's an opportunity.
- Keep a hat or scarf and gloves in your car, at school or at work so you're dressed for the weather and ready to be active outside.
- Limit the amount of time you watch television and put the remote away so you have to get up to change channels.
- Work with others to set up a walking route in and around your school, home and workplace.
- Making changes like this will make it easier for you to stay active.

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Week 8

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Minutes							
Total Minutes							

Week 8 Total Minutes _____
of Days Active _____

Week 8 – Kudos to You! Keep Going:

- You are well on your way to making physical activity a habit five days a week.
- Think about the benefits you've already gained.
- Stay with your current goal for another few weeks and then set a new goal for yourself to get more minutes of physical activity in.
- Check out www.energizeecc.com and discover how you can continue to log online or print paper logs.
- Spring is around the corner. Start thinking about doing more outside activities. Plan things you enjoy, like gardening, biking, hiking, and canoeing.
- Congratulate yourself and inspire others!

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Week 8 Total Minutes _____ # of Days Active _____ GOAL: _____ minutes on _____ days

Questions or comments: _____

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