

# Plan to Move During Your Day





**Would you rather be as acrobatic  
as a chimp or as fast as a cheetah?**





**Would you rather be as strong an ant  
or as graceful as a gazelle?**





# Would you rather move fast, slow, or somewhere in between?

You have a lot of choices about when you move, how you move, and where you move!



**WHEN, WHERE, AND HOW WILL YOU MOVE TODAY? TOMORROW?**



# Think about all of the ways you can move. Let's plan how we can move at home this weekend!



Let's plan how we can move at home this weekend!

Name \_\_\_\_\_

## My Weekend Move Timeline

Write or draw what moves you will choose to do this weekend.

Saturday	Sunday
Morning	Morning
Afternoon	Afternoon
Evening	Evening
Night	Night

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