

JULY

2019

The goal for July is to move at least 12 hours every day! **That means getting up from a seated/laying position for a few minutes every hour for 12 hours.** If you currently have a wearable device that logs this, that's great! If not, you can still participate! We suggest setting an alarm on your phone/computer to remind you to stand up and move every hour!
Move at least 12 hours/day for a minimum of 20 days in July to earn credit for this activity.
Submit your completed sheet to Mandi Artino by **August 9, 2019.**

NAME _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 ____ I moved every hour for 12 hours today	2 ____ I moved every hour for 12 hours today	3 ____ I moved every hour for 12 hours today	4 ____ I moved every hour for 12 hours today	5 ____ I moved every hour for 12 hours today	6 ____ I moved every hour for 12 hours today
7 ____ I moved every hour for 12 hours today	8 ____ I moved every hour for 12 hours today	9 ____ I moved every hour for 12 hours today	10 ____ I moved every hour for 12 hours today	11 ____ I moved every hour for 12 hours today	12 ____ I moved every hour for 12 hours today	13 ____ I moved every hour for 12 hours today
14 ____ I moved every hour for 12 hours today	15 ____ I moved every hour for 12 hours today	16 ____ I moved every hour for 12 hours today	17 ____ I moved every hour for 12 hours today	18 ____ I moved every hour for 12 hours today	19 ____ I moved every hour for 12 hours today	20 ____ I moved every hour for 12 hours today
21 ____ I moved every hour for 12 hours today	22 ____ I moved every hour for 12 hours today	23 ____ I moved every hour for 12 hours today	24 ____ I moved every hour for 12 hours today	25 ____ I moved every hour for 12 hours today	26 ____ I moved every hour for 12 hours today	27 ____ I moved every hour for 12 hours today
28 ____ I moved every hour for 12 hours today	29 ____ I moved every hour for 12 hours today	30 ____ I moved every hour for 12 hours today	31 ____ I moved every hour for 12 hours today			

