

RHL'S MOVE IT CHALLENGE RESULTS TRACKER!

EXPLANATION

Look at the Exercise Guide provided, choose ten exercises and write them into the table below. There are options for seated and non-seated, as well as options to make exercises more/ less challenging. Aim to do each exercise for 1 minute (less if that is too much) and then move onto the next exercise in the circuit. Have a short rest between exercises if you need to. Each time you complete an exercise, tick the column under that day. Repeat every day for a week. We've done an example in green.

Don't forget to get sponsored - however the most important part is the taking part!

	EXERCISE	MON	TUES	WED	THURS	FRI	SAT	SUN
	Seat Shuffle	✓						
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								

DISCLAIMER As a participant, you should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge RHL from any and all claims or causes of action, known or unknown, arising out of RHL negligence. RHL recommends you consult your physician before beginning any exercise program.