



Mix Up Your Moves Challenge Calendar

Directions: Aim to complete each daily workout video. If you don't enjoy one or it's not the right fit for you, that's okay! Feel free to opt for a different activity or video. **Please consult with your physician before beginning an exercise program.*

							My Favorite Workouts
<input type="checkbox"/> 1 10-Minute Low Impact Cardio Workout	<input type="checkbox"/> 2 17-Minute Strength Training Workout for Beginners	<input type="checkbox"/> 3 6-Minute Yoga at Your Desk	<input type="checkbox"/> 4 15-Minute Total Body Beginner Workout	<input type="checkbox"/> 5 15-Minute Gentle Pilates	<input type="checkbox"/> 6 10-Minute Seated Cardio Workout	<input type="checkbox"/> 7 15-Minute No Jumping Cardio Workout	1. _____ 2. _____ 3. _____
<input type="checkbox"/> 8 11-Minute Yoga for Hands, Fingers, Wrists	<input type="checkbox"/> 9 20-Minute Chair Workout	<input type="checkbox"/> 10 17-Minute Walking Disco Workout	<input type="checkbox"/> 11 16-Minute Yoga for flexibility	<input type="checkbox"/> 12 10-Minute Ab Workout	<input type="checkbox"/> 13 20-Minute Beginner Weight Training	<input type="checkbox"/> 14 15-Minute Dance Party Workout	1. _____ 2. _____ 3. _____
<input type="checkbox"/> 15 20-Minute Walk at Home Exercise	<input type="checkbox"/> 16 10-Minute Bollywood Dance Workout	<input type="checkbox"/> 17 5-Minute Desk Yoga for Better Posture	<input type="checkbox"/> 18 10-Minute Beginner Dance Workout	<input type="checkbox"/> 19 5-Minute Meditation You Can Do Anywhere	<input type="checkbox"/> 20 10-Minute Daily Desk Stretches	<input type="checkbox"/> 21 20-Minute Tabata Workout	1. _____ 2. _____ 3. _____
<input type="checkbox"/> 22 5-Minute Standing Barre Workout	<input type="checkbox"/> 23 15-Minute Beginner's At-Home Cardio Workout	<input type="checkbox"/> 24 15-Minutes Standing Pilates for Balance, Strength & Coordination	<input type="checkbox"/> 25 15-Minute Daily Tai Chi	<input type="checkbox"/> 26 9-Minute Easy on the Knees Kickboxing Blend	<input type="checkbox"/> 27 9-Minute Upper Body Workout (No Equipment)	<input type="checkbox"/> 28 11-Minute Meditation for Inner Peace	1. _____ 2. _____ 3. _____

My Total Workouts Completed: _____ (Submit your total workouts completed [HERE](#).)

Send your challenge photo(s) with [permission](#) to WFHT.TN@tn.gov. Let us know what you thought about this challenge [HERE](#).