

New Year New You

Monthly Moving Minutes Log: January 2020

Date	Minutes	Activities
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
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21		
22		
23		
24		
25		
26		
27		
28		
29		
30		
31		

TOTAL
Minutes

Moving activity can be gardening, cleaning, walking, cooking, etc.
Anything that has you moving, moving, moving!