



Use this quick-reference guide to complete the activities for this day's challenge.

## Get Ready

### Warm up with 20 Jumping Jacks + 20 High kicks

## Get Set

Watch the exercise videos to learn proper form for the activities on the fitness test. Walk in place while the videos play.

## Fitness Test

**Count and record how many of each activity is done in 1 minute. For the plank, record how long you are able to hold it. Use the Activity Trackers to keep a record and compare to how you do on the same activities on Day 8.**

Push-ups  
 Sit-ups  
 Squats  
 Jumping jacks  
 Burpees  
 Lunges  
 Hold a plank (seconds)

## Inspire Courage

Congratulate yourself and your group for making it through the end of the Made to Move Challenge! This is a great time to share the group statistics, which are automatically calculated on the Excel Activity Tracker for groups. Also provide them with the signed certificates of participation and any other gifts or prizes you wish to share. And encourage them to continue with their activity goals!

## Cardio Think

### 1 mile walk or run

Taking a walk or run is a great way to de-stress. It's also a time to think about the journey you have been on, and where you want to go next. Think about someone you can share this with and give them a call. Invite them to join you for another Made to Move Challenge – these resources can be used at any time!

Be sure to drink plenty of fluids, stretch, recuperate, and start dreaming about your next steps to a healthier you!

