



3RD ANNUAL BE ACTIVE WISCONSIN



WHAT ARE ACTIVE MINUTES?

Intentional dedication of time to exercise.

Examples include:

- ✓ Running
- ✓ Walking the dog
- ✓ Biking
- ✓ Lifting weights
- ✓ Yoga
- ✓ Swimming

Active minutes that cannot be counted include:

- ✗ Job activity
- ✗ Activities of daily living
- ✗ Household chores

Minutes must be earned through *deliberate* exercise.

Total minutes must be submitted every Tuesday by noon by clicking the links below. Use the calendar as a helpful tracking tool!

WEEK 1: SUBMIT MINUTES BY CLICKING [HERE](#) BY NOON ON TUESDAY, MARCH 7

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL MINUTES
			1	2	3	4	

WEEK 2: SUBMIT MINUTES BY CLICKING [HERE](#) BY NOON ON TUESDAY, MARCH 14

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL MINUTES
5	6	7	8	9	10	11	

WEEK 3: SUBMIT MINUTES BY CLICKING [HERE](#) BY NOON ON TUESDAY, MARCH 21

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL MINUTES
12	13	14	15	16	17	18	

WEEK 4: SUBMIT MINUTES BY CLICKING [HERE](#) BY NOON ON TUESDAY, MARCH 28

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL MINUTES
19	20	21	22	23	24	25	

WEEK 5: SUBMIT MINUTES BY CLICKING [HERE](#) BY NOON ON TUESDAY, APRIL 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL MINUTES
26	27	28	29	30	31	