

# Move More with

30 minutes is all you need

#WWGotYou

Day of the week:

S M T W T F S

Sweat it out doing: (Fill in the exercise you did)

Post-workout feelin':

(Share a gif of how you feel after your workout)

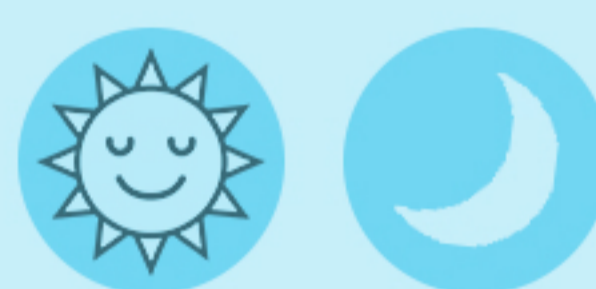
Felt the burn:

(Circle one)



Time of day:

(Circle one)



Tomorrow I will: (Fill in the exercise you plan to do tomorrow)

My workout buddy: (Tag a friend to move more with WW)

After your workout, fill out this template and share it on your stories. Then add a blank template for your followers to fill out and share!



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## Tracking Calendar

#WWGotYou

Use an **emoji** to describe the activity you have done each day for 30 minutes.

M T W T F S S

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

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