


Name \_\_\_\_\_

# MOVE Everyday

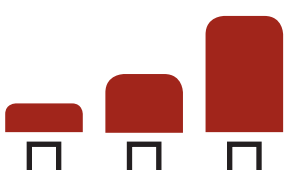
Write or draw about each time you MOVE this week.  
Record if your activity was low, moderate, or vigorous intensity.

**MOVE**      **Intensity Level**




A bar chart with three bars of increasing height. Below each bar is a small square checkbox.

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