

# MOVEMENT BREAKS

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Each time you incorporate a one-minute break for movement with the class, tally it off on the chart below. Aim for a movement break daily!

<b>Month / Week</b>	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>
<b>January</b>				
<b>February</b>				
<b>March</b>				
<b>April</b>				
<b>May</b>				