

# cbPT 4-week 'TRY SOMETHING NEW' Movement calendar!

	MON	TUE	WED	THUR	FRI	SAT	SUN
WK #1							
WK #2							
WK #3							
WK #4							
	30 min moderate intensity walk .	complete 5,000 steps in one day.	45 min of a sporting activity of choice.	Make your way to somewhere with a lookout/ view point - get photo evidence.	Do something as a family or with a friend.	Stretch, meditation or relaxation session.	complete 15,000 steps in one day.
	30 min outdoor bike ride .	Choose a free online class to follow yoga, workout, dance etc.	45 min moderate intensity walk .	complete 10,000 steps in one day.	Explore a new trail or track you haven't been on before .	60 min of a sporting activity of choice.	60 min outdoor bike ride .



## How cbPT 'Try something new' movement calendar works:

- Please visit your GP for medical clearance **before** starting this 4-week schedule if you have unstable/ high blood pressure, any cardiovascular disorders, and/or any other medical condition(s) or muscle/ joint injuries that may be contraindicated with exercise.
- At the bottom of the empty 4 week plan I have set 14 tasks that you should aim to complete over the 4 -week period. Simply write these into the empty calendar on the week and day you complete them.
- Feel free to add in any additional activity you perform outside of these 14 tasks as well.
- Steph and I would love to see your completed 4-week calendars once you are done. Take a photo and send them to us via private message.
- Lastly, enjoy!!!

Casey Brown (MPhEd)