



fit3™



February 2020 – Healthy Heart Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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American Heart Association Recommendations for Physical Activity in Adults (www.heart.org)

- Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both, preferably spread throughout the week.
- Add moderate- to high-intensity muscle-strengthening activity on at least 2 days per week.

- Weekly goal – 150 minutes of moderate aerobic activity.
- Record minutes of activity each day. Add up total minutes at end of each week.

1
Reliv Shake

2 Reliv Shake Active Min. _____	3 Reliv Shake Active Min. _____	4 Reliv Shake Active Min. _____	5 Reliv Shake Active Min. _____	6 Reliv Shake Active Min. _____	7 Reliv Shake Active Min. _____	8 Reliv Shake Active Min. _____ Week Total _____
9 Reliv Shake Active Min. _____	10 Reliv Shake Active Min. _____	11 Reliv Shake Active Min. _____	12 Reliv Shake Active Min. _____	13 Reliv Shake Active Min. _____	14 Reliv Shake Active Min. _____	15 Reliv Shake Active Min. _____ Week Total _____
16 Reliv Shake Active Min. _____	17 Reliv Shake Active Min. _____	18 Reliv Shake Active Min. _____	19 Reliv Shake Active Min. _____	20 Reliv Shake Active Min. _____	21 Reliv Shake Active Min. _____	22 Reliv Shake Active Min. _____ Week Total _____
23 Reliv Shake Active Min. _____	24 Reliv Shake Active Min. _____	25 Reliv Shake Active Min. _____	26 Reliv Shake Active Min. _____	27 Reliv Shake Active Min. _____	28 Reliv Shake Active Min. _____	29 Reliv Shake Active Min. _____ Week Total _____

