



fit³

FEBRUARY 2021
HEALTHY HEART CHALLENGE

sunday

monday

tuesday

wednesday

thursday

friday

saturday

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.
- Spend less time sitting. Even light-intensity activity can offset some of the risks of being sedentary.
- Increase amount and intensity gradually over time. Gain even more benefits by being active at least 300 minutes (5 hours) 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 Active Min. _____	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. _____ Week Total _____
7 Reliv Shake Active Min. _____	8 Reliv Shake Active Min. _____	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. _____ Week Total _____
14 Reliv Shake Active Min. _____	15 Reliv Shake Active Min. _____	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. _____ Week Total _____
21/28 Reliv Shake Active Min. _____	22 Reliv Shake Active Min. _____	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. _____ Week Total _____

