

March Me Time Challenge

MOVE! for a minimum of 30 minutes a day, 5 days a week (or 150 min/week)

ME TIME! For a minimum of 30 minutes a week, enjoy some time to yourself doing something that relaxes you!

MOTIVATE! Post in the [Mommy Moves Chatter Group](#) 5x per week and include the hashtag [#MarchMeTimeChallenge](#). You can post sweaty selfies, fitness/nutrition motivation/memes, healthy recipes, me time pictures, etc.

	Move: _____ Me Time: _____ <input type="checkbox"/> Motivate 1	Move: _____ Me Time: _____ <input type="checkbox"/> Motivate 2	Move: _____ Me Time: _____ <input type="checkbox"/> Motivate 3	Move: _____ Me Time: _____ <input type="checkbox"/> Motivate 4	Move: _____ Me Time: _____ <input type="checkbox"/> Motivate 5	Move: _____ Me Time: _____ <input type="checkbox"/> Motivate 6
Move: _____ Me Time: _____ <input type="checkbox"/> Motivate 7	Move: _____ Me Time: _____ <input type="checkbox"/> Motivate 8	Move: _____ Me Time: _____ <input type="checkbox"/> Motivate 9	Move: _____ Me Time: _____ <input type="checkbox"/> Motivate 10	Move: _____ Me Time: _____ <input type="checkbox"/> Motivate 11	Move: _____ Me Time: _____ <input type="checkbox"/> Motivate 12	Move: _____ Me Time: _____ <input type="checkbox"/> Motivate 13
Move: _____ Me Time: _____ <input type="checkbox"/> Motivate 14	Move: _____ Me Time: _____ <input type="checkbox"/> Motivate 15	Move: _____ Me Time: _____ <input type="checkbox"/> Motivate 16	Move: _____ Me Time: _____ <input type="checkbox"/> Motivate 17	Move: _____ Me Time: _____ <input type="checkbox"/> Motivate 18	Move: _____ Me Time: _____ <input type="checkbox"/> Motivate 19	Move: _____ Me Time: _____ <input type="checkbox"/> Motivate 20
Move: _____ Me Time: _____ <input type="checkbox"/> Motivate 21	Move: _____ Me Time: _____ <input type="checkbox"/> Motivate 22	Move: _____ Me Time: _____ <input type="checkbox"/> Motivate 23	Move: _____ Me Time: _____ <input type="checkbox"/> Motivate 24	Move: _____ Me Time: _____ <input type="checkbox"/> Motivate 25	Move: _____ Me Time: _____ <input type="checkbox"/> Motivate 26	Move: _____ Me Time: _____ <input type="checkbox"/> Motivate 27
Move: _____ Me Time: _____ <input type="checkbox"/> Motivate 28	Move: _____ Me Time: _____ <input type="checkbox"/> Motivate 29	Move: _____ Me Time: _____ <input type="checkbox"/> Motivate 30	Move: _____ Me Time: _____ <input type="checkbox"/> Motivate 31			

Record your progress in the calendar and submit to mommymovesli@gmail.com by March 31 at 11:59 pm.

How to fill it out:

For MOVE: write what you did.

For ME TIME: write what you did.

For MOTIVATE: check box each time you post.