

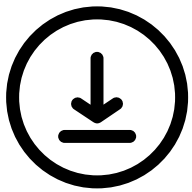


The American Heart Association and National Football League are working together to get youth physically active.

NFL PLAY 60: DAILY MOVEMENT MOMENT CHALLENGE

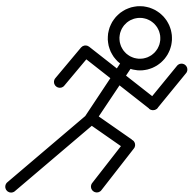
It's time to get your students moving for an opportunity for your school to win a \$1,000 NFL PLAY 60 grant! Our Daily Movement Moment Challenge is happening Tuesday, October 1st to Thursday, October 31st.

Here's how to participate:



DOWNLOAD

Download the NFL PLAY 60 app (free on iOS and Android). If you do not have access to the app, see page 3 of this tracker for an alternative way to participate.



GET MOVING

Utilizing the daily "Movement Moment" feature of the NFL PLAY 60 app, get your students moving each day in the month of October.



TRACK

On your tracker on page 2, indicate the days that your students completed the daily Movement Moment as a group.

Send your completed tracker to NFLPLAY60@heart.org by Friday 11/15. Teachers whose classrooms complete at least 12 days of physical activity will be entered for an opportunity to receive a \$1,000 NFL PLAY 60 grant for physical activity equipment on behalf of an NFL team.



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NFL PLAY 60: DAILY MOVEMENT MOMENT CHALLENGE

Teacher Name: _____

School Name: _____

Grade: _____

E-mail Address: _____

NFL Team Closest To You: _____

Did you complete your Daily Movement Moment today?
Indicate in the calendar days below using a check mark. ✓

START!

	Tuesday 10/1	Wednesday 10/2	Thursday 10/3	Friday 10/4
Monday 10/7	Tuesday 10/8	Wednesday 10/9	Thursday 10/10	Friday 10/11
Monday 10/14	Tuesday 10/15	Wednesday 10/16	Thursday 10/17	Friday 10/18
Monday 10/21	Tuesday 10/22	Wednesday 10/23	Thursday 10/24	Friday 10/25
Monday 10/28	Tuesday 10/29	Wednesday 10/30	Thursday 10/31	

**GREAT
JOB!**

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Don't have access to the NFL PLAY 60 app? We've got you! Follow the schedule below and indicate which days you've completed on your tracker on page 2. For 15 minutes, alternate between the exercises listed below every 30 seconds. Check out page 4 for our NFL PLAY 60 app avatar demonstrating the moves!

Tuesday 10/1

**Push-ups
Lunges
Leg Raises**

Wednesday 10/2

**Squats
Sit-ups
Run in Place**

Thursday 10/3

**Arm Raises
Jumping Jacks
Balance on
One Leg**

Friday 10/4

**Leg Raises
Push-ups
Run in Place**

Monday 10/7

**Lunges
Sit-ups
Run in Place**

Tuesday 10/8

**Arm Raises
Jumping Jacks
Balance on
One Leg**

Wednesday 10/9

**Squats
Push-ups
Leg Raises**

Thursday 10/10

**Run in Place
Sit-ups
Arm Raises**

Friday 10/11

**Jumping Jacks
Lunges
Balance on
One Leg**

Monday 10/14

**Push-ups
Squats
Run in Place**

Tuesday 10/15

**Sit-ups
Arm Raises
Leg Raises**

Wednesday 10/16

**Jumping Jacks
Lunges
Balance on
One Leg**

Thursday 10/17

**Leg Raises
Push-ups
Arm Raises**

Friday 10/18

**Run in Place
Squats
Sit-ups**

Monday 10/21

**Jumping Jacks
Push-ups
Balance on
One Leg**

Tuesday 10/22

**Leg Raises
Push-ups
Arm Raises**

Wednesday 10/23

**Run in Place
Squats
Sit-ups**

Thursday 10/24

**Jumping Jacks
Push-ups
Balance on
One Leg**

Friday 10/25

**Arm Raises
Lunges
Sit-ups**

Monday 10/28

**Jumping Jacks
Push-ups
Balance on
One Leg**

Tuesday 10/29

**Arm Raises
Lunges
Sit-ups**

Wednesday 10/30

**Push-ups
Leg Raises
Squats**

Thursday 10/31

**Jumping Jacks
Arm Raises
Balance on
One Leg**

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RUN IN PLACE



BALANCE ON ONE LEG



JUMPING JACKS



PUSH-UPS



ARM RAISES



SIT-UPS



LEG RAISES



SQUATS



LUNGES

