

It's up to you how you complete your challenge. You need to move for 28 minutes for the 28 days in February. You can skip, dance, jump, run, workout and much more. Do the same thing every day or change it up, the choice is yours!

# MOVE 28

**minutes a day  
in February**

**Use this tracker to record your activity.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly fundraising total
1 ✓	2 ✓	3 ✓	4 ✓	5 ✓	6 ✓	7 ✓	
8 ✓	9 ✓	10 ✓	11 ✓	12 ✓	13 ✓	14 Half way! ✓	
15 ✓	16 ✓	17 ✓	18 ✓	19 ✓	20 ✓	21 ✓	
22 Final week! ✓	23 ✓	24 ✓	25 ✓	26 ✓	27 ✓	28 You did it! ✓	

**Congratulations! You have completed the Move 28 minutes a day in February challenge!**  
Thank you so much for supporting the National Autistic Society. Add up your total here:

Total raised

**Share your progress on our Facebook group [www.facebook.com/groups/1586386349151529](https://www.facebook.com/groups/1586386349151529)**

The National Autistic Society is a charity registered in England and Wales (269425) and in Scotland (SC039427).