Maryland ACC WIC

2021 March Madness

March

1st Go for a walk
Just move!

2nd Go for a walk
Ride a bike

3rd Walk for 30 mins
Play tennis

4th Go for a walk
Just move!

5th Walk for 30 mins
Lift weights

6th Walk for 30 mins
Yoga

7th Go for a walk
Rest day!

8th Go for a walk
Lift weights

9th Walk for 30 mins
Run/Jog

10th Walk for 30 mins
Play tennis

11th Go for a walk
Ride a bike

12th Walk for 30 mins
Yoga

13th Walk for 30 mins
Life weights

14th Walk for 30 mins
Rest day!

15th Go for a walk
Play tennis

16th Walk for 30 mins
Run/Jog

17th

18th

19th

20th

21th

22nd

23rd

24th

25th

26th

27th

28th

29th

30th

31st

FINALIST

April 1st

FINALIST

The Final!
April 2nd

Name:
Email: