

Week 2 (May 7th - 13th): Daily Movement Challenge

Your challenge this week is to get in 60 minutes of physical activity 5 out of 7 days this week for the Daily Movement badge!

BONUS Badge - *Food Bank!* You can also pick up a bonus badge by donating 3 high-demand items during this week. High-demand items will also earn you 1,000 points each.

This week you are going to take a disciplinary mindset and apply it to your physical activity. We challenge you to get in 60 minutes of physical activity 5 days this week! Whether it's a morning workout at the gym or a long walk with the dog after dinner, or even broken up (half hour on your lunch break and a half hour after dinner), fit in those 60 minutes 5 days out of the 7 to earn your Daily Movement badge.

The goal is to log 50 000 Beat points per week (10 000 steps or points/day). It's a good idea to record your mileage daily even if you choose not to exercise. Daily journaling encourages you to reflect your progress and be mindful when you detour from your goal.

You will receive your Week 2 badge once you reach the 50 000 points mark for this week.