# The GOOD. family challenge

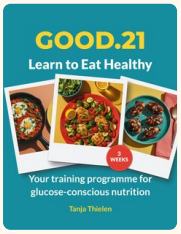


## Done five moves? Put a tick in your row, under that day.

Ideas: up during the adverts, tiptoes while you brush, squats while the kettle boils, dance to one song.

| Name | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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**Most ticks? You choose Sunday dinner!**




**Glucose-conscious eating, a little better every day: the book GOOD.21.**
Scan to see the book
**All the moves, with a timer: your-good-life.com/goodmoves-home**