

MURDOCH MILLION MOVES TRACKER

NAME	EMAIL	STARTING DATE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21

Lets reach 1 million moves, together!
75 squats, 75 lunges, 750m walk, or any other 75 moves



 **Million Moves**
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1

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21





Murdoch Million Moves

Drop-In Sessions



Walking Sessions

Join us at Murdoch Active reception for group walking sessions across Bush Court to get your moves in!

 7 - 7:45am & 4 - 4:45pm, Mon - Fri
 Murdoch Active, Building 415

Circuit Sessions

Meet at Murdoch Active for group circuit sessions across Bush Court and in our group fitness room - we will set up 6 exercises so you can drop-in and complete your 75 moves.

 8 - 9am & 5 - 6pm, Mon - Fri
 Murdoch Active, Building 415