

# Movement May: 31 Days of Intentional Movement

**What:** This challenge encourages you to enjoy 20 minutes of intentional movement each day. These activities may include (but are not limited to), walking, yoga, dancing, cycling, or any other type of physical activity. To get the most out of this challenge, choose an activity you are not currently doing on a regular basis.

**When:** May 1-31

**How to participate:** You only need \$15 to join (or \$20 after 4/25). Track your progress via Healthie, our online patient platform (if you are a current patient, you should already have set up a Healthie account).

## How to track your movement in Healthie:

Sign in to your patient portal in Healthie here: [marleynutrition.com/portal](https://marleynutrition.com/portal).

Once you're logged in, you have a couple of ways to log your activity:

1. Home > Dashboard > Click on the orange "Activity" icon and log your activity  
OR
2. Home > Click the "Activities" tab > Click the "+Post activity" button and log your activity

## Challenge Guidelines

- Log into [Healthie](#) and post your exercise each day.
- **Your 20-minute exercise for the day is worth 1 point.** If you do 20 minutes of movement every day for 31 days, you can earn 31 points to win! (Points will only be given for one 20-minute exercise per day. For example, if you walk and do yoga, you can only get a point for 20 minutes of walking OR 20 minutes of yoga.)
- Extra points may be earned via the following:
  1. Posting an encouraging message in the [Facebook group](#). This could be a photo of your meal prep or activity, a quote, etc.). **You can earn points for up to 1 post per week. 1 post = 1 point.**
  2. Write us a Google review (email a screenshot of your review to [info@marleynutrition.com](mailto:info@marleynutrition.com)). **Worth 5 points.** You may only do this once during the challenge.
- **The maximum amount of points with the bonus is 40 points.**
- **The maximum amount of points without the bonus is 31 points.**

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## Prizes

First place gets the gift card or prize of choice, 2nd place gets a prize of choice, and third place gets the last prize of choice.

Our top 3 winners will get to choose from our incredible prize pot! Some of these amazing prizes include...

- ☀️ \$100 Amazon gift card
- ☀️ 1 week of meals from Foodies In Texas
- ☀️ \$100 gift card to Laminin Aesthetics
- ☀️ Forever Smooth Cellulite Treatment
- ☀️ ZYIA Active Crossbody bag

*If there is a tie, the winners' names will be drawn at random to establish the top three.*

## Important Links

- Sign up form: <https://forms.gle/jojHoSrU8BTD3ebV8>
- Facebook Group: <https://www.facebook.com/groups/movementmay2022>
- Healthie Login: <https://www.marleynutrition.com/portal>