February Monthly Mindful Challenge Final

Please take the follow up Monthly Mindful Challenge survey below.

Were you able to meet the weekly goal you set for total minutes spent exercising?

- Yes
- No
- Somewhat

What strategies did you use to ensure success?

What factors interfered with your reaching your goal?

Did your level of heart-healthy physical activity change this month? Please indicate your weekly activity. And count any exercise you did as a win! Your heart thanks you.

Couch potato 0 minutes weekly 60+ minutes weekly 150+ minutes weekly

(Place a mark on the scale above)