

Winter 2025 Movement Challenge Brain Boost Tracker and Rules

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	Feb. 3	Feb 4	Feb. 5	Feb. 6	Feb. 7	Week 1 Total
Week 1	1, 2, 3, 4, 5, 6, 7, 8	1, 2, 3, 4, 5, 6, 7, 8	1, 2, 3, 4, 5, 6, 7, 8	1, 2, 3, 4, 5, 6, 7, 8	1, 2, 3, 4, 5, 6, 7, 8	
	Feb. 10	Feb 11	Feb. 12	Feb. 13	Feb. 14	Week 2 Total
Week 2	1, 2, 3, 4, 5, 6, 7, 8	1, 2, 3, 4, 5, 6, 7, 8	1, 2, 3, 4, 5, 6, 7, 8	1, 2, 3, 4, 5, 6, 7, 8	1, 2, 3, 4, 5, 6, 7, 8	
	No School	Feb. 18	Feb. 19	Feb. 20	Feb. 21	Week 3 Total
Week 3	1, 2, 3, 4, 5, 6, 7, 8	1, 2, 3, 4, 5, 6, 7, 8	1, 2, 3, 4, 5, 6, 7, 8	1, 2, 3, 4, 5, 6, 7, 8	1, 2, 3, 4, 5, 6, 7, 8	

	Brain Boost Grand Total:	
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- **Move it!** Get your students moving 1-2 minutes in the classroom (outside of recess & PE) to maximize learning.
- **Need movement ideas?** Check out [M2L Brain Boost Videos](#); visit our [Teacher Tools](#) page for movement games; request your [M2L Toolkit here](#).
- **Track it!** Use this calendar to track the number of Brain Boosts you do each day with your class. You do NOT need to submit this form to M2L
- **Submit it!** *To be eligible for prizes, please submit the [M2L Movement Challenge Google Form](#) by February 28th. You must submit this form to receive credit for participating and to be eligible for prizes!*
- **Win it!** The teacher at your school who completes the most brain boosts with their students wins their choice of an accordion stool, an under-the-desk-pedal or a yoga ball chair, box of fidget bands, and a wiggle cushion! If there is a tie, the Move2Learn staff will draw names from a hat.
- **Flaunt it!** The schools (one each for elementary, K-8, and middle school winners) that complete the most brain boosts win a M2L Movement Challenge Champion Banner to display proudly!
- **Have questions or need support?** Contact your school's Movement Mentor or email us at hello@move2learn.org