



**GET ACTIVE  
FOR BREAST  
CANCER  
RESEARCH**

## MOTHER'S DAY CLASSIC TRAINING PROGRAM

### Foot swirl – an accountability tool

**Colour  
your  
progress**

**Did you know** if you were to complete every movement session in the program, you'll have done 18 movements by the time we finish the 6-week MDC Move program.

For a bit of fun, (and to demonstrate to your loved ones you're serious), we're giving you some colouring homework to do.

For every movement session you do, colour off another swirl, and by the end of the program you'll have a super colourful foot!

Print one of these out for every member of the family and decorate the fridge!



Movement resources at [mothersdayclassic.com.au/mdc-move](https://mothersdayclassic.com.au/mdc-move)



**AIA Vitality**

| **HESTA** |



**9NEWS**

