

Get moving every day with these **VERBs**. Just remember...you can change them, swap them or add to them. Do what moves you.

- **January:** *Throw* – Have your own Super Bowl® with a game of flag football.
- **February:** *Leap* – This February, you have an Extra Day to VERB – it's a leap year!
- **March:** *Dribble* – Get into the March Madness® and head out for some basketball.
- **April:** *Walk* – To school, after school, walk around the mall...you get the picture.
- **May:** *Cycle* – It's National Bike Month. Enough said.
- **June:** *Catch* – Celebrate the start of summer with softball and baseball. Batter up!
- **July:** *Splash* – Grab your friends, take a dive, go for a swim.
- **August:** *Volley* – Join in the Olympic® fun with summer sports like volleyball, badminton, gymnastics and field hockey.
- **September:** *Skate* – Inline, roller, skateboard, you name it, you do it.
- **October:** *Kick* – Footbag, soccer ball, football...it's your VERB... your rules.
- **November:** *Jump* – Jump rope, sink a basket, clear a hurdle – take air!
- **December:** *Dance* – Get your friends, put on the music, dance like no one's watching.

Check out [www.VERBnow.com](http://www.VERBnow.com) and [www.bam.gov](http://www.bam.gov) for more ideas!

**VERB**™  
It's what you do.

Do what  
**MOVES** you.



**VERB.** It's not a grammar lesson. It has nothing to do with nouns and adjectives. **It's what you do.**

**It's your lifestyle. It's what you do every day of the week, every week of the month.**

**It's playing hard. It's your VERB. Do what moves you.**

**Use the calendar inside to track *your* VERB.**

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

