



Huntington's  
Disease  
Association

# #HDMove

planner

This January commit to moving your  
body for 31 minutes for 31 days.

Plan your #HDMove activities throughout January! Complete your daily 31 minutes of moving  
however you want.

31

30

29

28

27

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

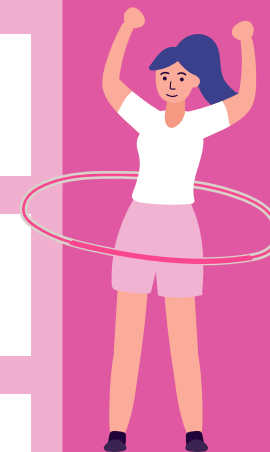
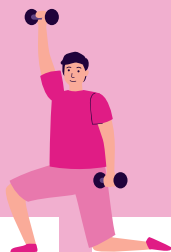
WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5



Registered with  
FUNDRAISING  
REGULATOR

Registered Charity No. 296453