Move More, Dance More

A New Year's Resolution Challenge – January 2026

Your Goal

Move More. Dance More. Have Fun!

This challenge isn't about being perfect every day - it's about moving, connecting, and enjoying the journey.

How to Earn Points

Dance Fitness Classes (5 Points per Class)

- Attend any Talkin' Body Dance & Fitness class

Get Your Steps In (2 Points per Day)

- 7,000+ steps in a day or 20+ minutes of intentional movement (walk, dance, workout, class, etc.)

Community Participation (1 Point Each per Day)

- Bring a friend to a Talkin' Body Dance & Fitness class
- Post a photo or video of you moving to social media
- Post a message of encouragement to the Team FOB community on Facebook or WhatsApp

Daily Points Tracker

Use this table to track your movement each day. Do what you can—when you can.

Date	Activities	Points

You Did It! **Total**