



Spots
are
limited.

2024 UC MOVES CHALLENGE

REGISTRATION Opens April 22 • **CHALLENGE** Runs May 6 - 31

Spring into Motion. Represent UC Berkeley in the 2024 systemwide 4-week movement and activity challenge!



Join the UC Berkeley team to represent us in the UC Moves Spring into Motion Challenge!



Record daily physical activity starting May 6 with your favorite tracker or on your mobile or desktop device.



As you participate in the challenge, you will also have chances to win team and individual prizes along the way!



Registration
(Opens April 22)



Be Well at Work
Faculty/Staff Wellness