

Name _____ Date of Birth _____

Guardian's name (If under 18): _____

Your Community: _____

Phone Number: _____ Address _____

30 Day Fitness Challenge Rules

1. Complete exercise/activity designated for each day of the month.
2. You do not have to complete the exercises all at one time. For example: You can complete 15 mountain climbers in the morning of that day and 20 in the evening of that same day.
3. Participants under 18 years old must get a parent or guardian to sign the calendar.
4. Return completed calendar to CAMP to receive a prize.

I understand and accept the element of risk of physical injury through participation in the 30 Day Fitness Challenges. I further understand there is no medical insurance provided by the Norton Sound Health Corporation or its employees, volunteers, and sponsors for this program. I will assume all risks and I am aware that I shall be responsible for any and all medical costs that may arise from injury through participation in this program as well as any other unforeseen costs that could arise.

I release Norton Sound Health Corporation from any and all liability, loss, damage, costs, claims or causes of action including but not limited to property damage or bodily injuries that may arise from this activity.

(Participant or Parent/Guardian signature)

Date



Please return completed calendars to
NSHC CAMP office or email
Kim Gray kgray@nshcorp.org
Questions: Call 443-3365




**NORTON SOUND
HEALTH CORPORATION**



April 2019



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	1 Take 20 minutes to do spring cleaning	2 Try a new healthy snack	3 15 lunges 15 toe touches 15 table dips	4 Drink 8 glasses of water	5 Stretch for 20 minutes	6 Spend the day with friends and family
7 Meal prep 3 healthy snacks for the week	8 Eat at least 3 servings of vegetables	9 Go to the library National Librarian Day	10 Do 30 minutes of cardio exercise	11 Schedule your next wellness checkup.	12 10 Jumping jacks 10 sets of crunches 30 second plank 3Xs	13 Trade your daily cup of coffee for green/black tea.
14 Stay away from junk food today.	15 30 jumping jacks 10 push-ups	16 Spend quality time with family today.	17 Drink 8 glasses of water	18 Stretch for 20 minutes.	19 Take a bike ride for 30 minutes (National Bike Day)	20 Try a new yoga routine
21 Celebrate Easter holiday with family and friends.	22 Bring a reusable bag to the grocery store to reduce waste. (Earth Day)	23 10 lunges 10 high knees 10 squats 3Xs	24 Take 3 meditation minutes today. Take a moment to connect with yourself.	25 Eat at least 3 servings of fruit.	26 10 burpees before 5 p.m.	27 Spend the day with friends and family.
28 Work in the community garden, or a garden of your own.	29 Dance to your favorite song. (international Dance Day)	30 20 crunches 10 squats 20 jumping jacks	