Success doesn’t come from what you do occasionally. It comes from what you do consistently.

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</table>
| **Self-care Sunday** | Read for 30 min; out loud, to yourself; the newspaper or a book | 30 jumping jacks  
10 pushups  
15 sumo squats | Set a reading goal for this month. (1 book or read 4 different times)  
April Fool's Day! | 15 jumping jacks  
7 pushups  
Drink 8 glasses of water | Read for 30 min  
And take a walk | Scavenger hunt Saturday (create one) |
| **Enjoy Easter with an Egg Hunt walk around town!** | 30 Russian twists  
30-sec plank  
30 mountain climbers | 10 lunges (Each leg)  
5 pushups | 30 crunches  
5 burpees and  
Eat two different kinds of fruit | Decorate Paper Eggs in a window for the walk around Egg Hunt | 30 minutes of cardio  
(walk/run) | |
| **Self-care Sunday** | Meatless Monday; try a meat alternative & Read for 30 mins | 30 sec. wall sit  
10 twisting planks  
20 mountain climbers | Read for 30 min and stretch for 20 mins | Look up a meat alternative for a meal next week | As many as you can in 1 min: Situps: ____  
Lunges: ____  
Bicycle crunches: ____ | HIIT workout w/20 min. of stretching before and after |
| **Self-care Sunday** | Journal for 30 mins (write, draw, plan, color) | 12 pushups  
25 mountain climbers  
7 burpees | Drink 9 glasses of water and read for 30 mins | Thoughtful Thursday  
Walk & Donate 4 items to food bank | 20 bicycle crunches  
20 arm circles  
11 pushups | List 5 things you accomplished this week |
| **Self-care Sunday** | | 40 side leg raises  
20 deep lunges  
20 leg extensions | | | | |
| ***Reminder: please practice social distancing while outside your home, let’s flatten the curve*** | | | | | | |
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