## August 2019

Strength doesn’t come from what you can do. It comes from overcoming the things you once thought you couldn’t.

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eat three different kinds of vegetables</td>
<td>Drink 8 glasses of water</td>
<td>20 toe touches 15 bicycles crunches 15 sec plank</td>
<td>Avoid sugary beverages</td>
<td>Set new goals for this month!</td>
<td>20 bicep curls 10 tricep dips 5 pushups</td>
<td>Take a walk on the beach</td>
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<tr>
<td>10 pushups 20 arm circles 10 lateral raises (W/ weights or milk jugs)</td>
<td>Do something that makes you smile!</td>
<td>Eat two different kinds of fruit today.</td>
<td>5 jump squats 5 burpees 10 front lunges</td>
<td>20 jumping jacks 30 sec wall sit 15 squats</td>
<td>Rent a book or movie from the library</td>
<td>Try a new recipe</td>
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<tr>
<td>15 sec superman pose 20 sec plank</td>
<td>15 tricep dips 15 pushups 20 jumping jacks</td>
<td>Catch up with an old friend</td>
<td>20 bicycle crunches 30 Russian twists</td>
<td>Write down 10 things you are thankful</td>
<td>Have a game night with friends or family.</td>
<td>Take a power nap.</td>
</tr>
<tr>
<td>Eat 2 cups of raw veggies today!</td>
<td>Drink 10 glasses of water.</td>
<td>Try some yoga poses.</td>
<td>10 bridges 20 pushups 20 squats</td>
<td>20 secs knee highs 20 sec jumping jacks 20 sec planks</td>
<td>Clean up the yard!</td>
<td>Labor Day Weekend!</td>
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<td>Spend time with friends and family!</td>
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</tbody>
</table>
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