

August 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Do 10 push-ups and 25 crunches	2 Drink eight glasses of water today	3 Write down 3 home improvements you would like to complete	4 Go berry picking!
5 Start a new book! If you are already reading a book, take 30 mins to read it!	6 Spend 15 minutes meditating	7 Try a new spice today (garlic, turmeric, or nutmeg, ginger)	8 Attend a community event today	9 Wake up early today and spend 15 minutes writing your thoughts/feelings in a journal.	10 Cook some S'mores with your family! (National S'mores Day)	11 Go fishing with your family
12 Drink eight glasses of water today	13 20 mins Yoga	14 Run for 20 minutes	15 Add 1 extra serving of vegetables to your lunch <u>and</u> dinner today	16 Get started on one of the home improvements	17 Skip creamer/milk honey/sugar in your coffee/tea	18 Create a list of 5 things you want to accomplish this upcoming school year
19 Meal prep 3 dinners for this week	20 Get 8 hours of sleep	21 Post 5 positive/motivation sticky notes Back to School	22 Make a new friend today	23 Run for 30 minutes and stretch	24 Practice a hobby or try out a new one	25 Reflection/Relaxation day (such as bubble bath or gratitude journaling)
26 Walk a dog, or if you don't have one, help your friend walk theirs! (National Dog Day)	27 Drink eight glasses of water today	28 Go for a 45 minute bike ride.	29 Do 15 push-ups and 40 crunches	30 Spend 30 mins outside	31 End your month with a meal that includes as many family members as possible.	

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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.

Welcome
Back
to
School

(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**