

February

2018

30-Day Fitness Challenge

FALL IN LOVE WITH TAKING CARE OF YOURSELF. MIND. BODY. SPIRIT.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Make 2 fitness goals for this month	2 Take the stairs today - skip every other step for a challenge	3 20 jumping jacks 10 stationary lunges Plank for 30 seconds (repeat 3x)
4 MEAL PREP DAY Prepare 2 or 3 meals for the week! (Do it every Sunday this month!)	5 Go to bed 30 minutes earlier than usual	6 Add more dark, leafy greens to your lunch	7 Play with your pets, head out for a walk, or toss a ball around for 30 minutes	8 100 jumping jacks- you have all day to get them done (10 every hour or 50 twice)	9 No FACEBOOK FRIDAY See how much more you get done when you're not scrolling, liking, and tagging.	10 10 pushups 10 squats Plank for 45 seconds (repeat 3x)
11 MEAL PREP DAY How many jumping jacks can you do today?	12 Make a fresh fruit and protein smoothie for breakfast	13 Run in place for 30- second increments throughout the day (repeat 10x)	Valentine's Day 14 Do something nice for someone else today. Sweetheart Stroll (Starting at noon at NSHC)	15 Screenings at Kawerak 830a-noon 10 pushups 10 squats 10 jumping jacks (repeat 3x)	16 Print from the farthest copier at work all day or 50 pushups-you have all day to get them done	17 Workout with a friend -motivate each other!
18 MEAL PREP DAY How many pushups can you do today?	19 Take the stairs today -skip every other step for a challenge	20 10 pushups 10 squats Plank for 45 seconds (repeat 3x)	21 Plan an activity for the weekend to get you and the family up and moving	22 10 toe touches 1 minute plank (repeat 3x)	23 Stand up while on the phone at all times today. Screenings at XYZ (830a-noon)	24 Do the weekend activity!
25 MEAL PREP DAY How long can you hold your plank today?	26 Stretch for 10 minutes after taking a hot shower for restful sleep	27 20 pushups 20 squats Plank for as long as you can (repeat 3x)	28 Evaluate the fitness goals you made. Get ready for the March Challenge			

Name _____ Date of Birth _____

Guardian's name (If under 18) _____

Your Community: _____

Phone Number _____

Address _____

30 Day Fitness Challenge Rules

1. Complete exercise designated for each day of the month. You can choose a similar activity.
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 responsible adult to sign/initial on 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**