

January 2018

it takes 21 days to create a habit

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy New Year!!	1 Start the month off by eating a salad with a variety of greens and vegetables. Easy on the dressings.	2 Write down 3 hobbies: one to make money, one to keep you in shape and one to be creative. ☺	3 Take a 30-minute walk after dinner.	4 Do 2 sets of 10 ab-crunches.	5 Make dinner with the family. Incorporate a new vegetable.	6 Clean the House/Living Space/Storage
7 REST DAY!!! Take time to spend with the family.	8 Do 3 sets of 8 lunges and drink 8 glasses of water throughout the day	9 Start your day with a glass of water and 15 minutes of stretching.	10 Try swimming for 30 minutes.	11 Get 8 hours of sleep	12 Take a 30-minute walk.	13 Read a new book today.
14 Do 3 sets of 10 ab-crunches.	15 Start and end your day with an 8 oz. glass of water	16 Avoid eating junk food for the day (chips, cookies, etc.)	17 Get up and move every 55 minutes for 5 minutes.	18 Learn 5 facts about food nutrition that you didn't know beforehand.	19 Try a food that you have never tried before.	20 Jog upstairs for 30 seconds, walk back down. (10 minutes)
21 Bubble Bath Day! Treat yourself to a hot bath.	22 Eat breakfast!	23 Volunteer or do something nice for a friend/family member.	24 Do 3 sets of 10 ab-crunches.	25 Take a 30-minute walk; finish with 2-minute jog.	26 Play a board game with a family member or friend.	27 Do 2 sets of 20 squats and drink 8 glasses water throughout the day
28 Make sticky notes with 5 positives quotes and post them around your house.	29 Aim for 10,000 steps today	30 Do 20 minutes of stretching while listening to your favorite music.	31 Do 3 sets of 8 lunges and drink 8 glasses of water throughout the day			



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 Beginner or Intermediate exercises and/or intermix throughout 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 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 at kgray@nshcorp.org

Questions: Call 443-3365



**NORTON SOUND
HEALTH CORPORATION**