**Make a plan! What time of day do you want to run?**

**Name 5 goals for the month**

1. 
2. 
3. 
4. 
5. 

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**Cross Training Menu**

- Bike
- Swim
- Boxing
- Yoga
- Strength Training
- Pilates
- Walking
- Group Exercise Class
- Dancing
- Jump Rope

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**JOG INTO JUNE!**

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<tbody>
<tr>
<td><strong>Cross Training Menu</strong></td>
<td><strong>Go outside with a friend</strong></td>
<td><strong>Walk 4 min / Jog 1 min. Repeat 4-6 times</strong></td>
<td><strong>Write down 5 goals for your month</strong></td>
<td><strong>Walk 4 min / Jog 1 min. Repeat 4-6 times</strong></td>
<td><strong>Try to have a fresh fruit or vegetable in your snack</strong></td>
<td><strong>Stretch! Check out the QR code for a great routine</strong></td>
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<tr>
<td><strong>Go on a nature walk! Take a picture of something beautiful you notice</strong></td>
<td><strong>Walk 3 min / Jog 2 min. Repeat 4-6 times</strong></td>
<td><strong>Set an intention for today and write it down</strong></td>
<td><strong>Walk 3 min / Jog 2 min. Repeat 4-6 times</strong></td>
<td><strong>Try to drink 64 oz. of water today</strong></td>
<td><strong>You pick! Choose a new cross training activity from the menu</strong></td>
<td><strong>Stretch! Try out a beginner yoga flow</strong></td>
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<td><strong>Call a family member or friend</strong></td>
<td><strong>Walk 2 min / Jog 2 min. Repeat 4-6 times</strong></td>
<td><strong>Try a guided meditation Youtube video</strong></td>
<td><strong>Walk 2 min / Jog 2 min. Repeat 4-6 times</strong></td>
<td><strong>Have a sit down dinner with your household</strong></td>
<td><strong>You pick! Choose a new cross training activity from the menu</strong></td>
<td><strong>Stretch! Try stretching for 10 minutes total</strong></td>
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<tr>
<td><strong>Try a new hike or revisit your favorite one</strong></td>
<td><strong>Walk 2 min / Jog 3 min. Repeat 4-6 times</strong></td>
<td><strong>Write down 5 things you love about yourself</strong></td>
<td><strong>Walk 2 min / Jog 3 min. Repeat 4-6 times</strong></td>
<td><strong>Journal about your month. What was challenging? What did you excel at?</strong></td>
<td><strong>You pick! Choose a new cross training activity from the menu</strong></td>
<td><strong>Stretch! Move your body however it feels best</strong></td>
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**Stretch Routine**
Set an intention for the day

_____________________
_____________________
_____________________

Name 5 things you like about yourself

1. ______________________  2. ______________________  3. ______________________

4. ______________________  5. ______________________

try this guided meditation

try this peanut butter oatmeal cookie recipe

Dry Ingredients
1 cup rolled oats
1/4 cup flour
1 tsp cinnamon
1/4 tsp salt

Wet Ingredients
2 tbsp oil
1/3 cup creamy peanut butter
3 tbsp maple syrup
3 tbsp sugar
1 tsp vanilla extract

Instructions
1. Preheat oven to 350°F. Grease or line a baking sheet with parchment paper.
2. In a large bowl, whisk together all of the dry ingredients.
3. In a medium bowl, whisk together the wet ingredients.
4. Pour the wet mixture over the dry mixture, stirring and folding until mixed.
5. Scoop and drop balls of cookie dough onto the prepared baking sheet, evenly spaced apart. Flatten the cookies a little bit with the back of a fork.
7. Allow to cool for 10 minutes before eating. Enjoy!
CAMP T-Shirt

Name ___________________________ Date of Birth ___________________________
Guardian’s name (If under 18): ______________________________________________
Your Community: _____________________________________________________________
Phone Number: ___________________________ Address ___________________________

Please Note, we will no longer be mailing out incentives for participants that live in Nome.

Choose an Incentive:
- $10 Veggie Bucks for a CAMP Sponsored Produce Market
- $30 off Nome Rec Center Monthly Pass Coupon
- 5-Punch Nome Rec Center Pass
- 5-Punch Pool Pass
- Foods We Alaskans Enjoy Cookbook
- Water Bottle Circle Color Choice: Orange Blue Black Clear Mint Green
- CAMP T-Shirt

30 Day Wellness Challenge Rules
• Complete exercise/activity designated for each day of the month.
• 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.
• Participants under 18 years old must get a parent or guardian to sign the calendar.
• Return completed calendar to CAMP by the 10th of the following month to receive a prize.

I understand and accept the element of risk of physical injury through participation in the 30 Day Wellness 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 (If under 18 years old): ___________________________

Please return completed calendars to
NSHC CAMP office or email
wellness@nshcorp.org
Questions: Call 443-3365