

# March 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Set & write down 3 small <b>goals</b> for the month	2 Go for a 30-minute <b>walk</b>  Read Across America Day
3 Do 30 <b>jump n' jacks</b> 15 <b>sit-ups</b>	4 Eat a <b>healthy</b> breakfast	5 Take the <b>stairs</b> everywhere today	6 Workout Wednesday! Do 15 <b>squats</b> 15 <b>lunges</b>	7 Drink 8 cups of <b>water</b>	8 <b>Core</b> workout! Do as many planks and sit-ups you can	9 30 minutes <b>cardio</b>
10 Try a new <b>recipe</b> for dinner	11 Do 20 <b>burpees</b>	12 Attend a <b>screening</b> today	13 Do <b>yoga</b> for at least 20 minutes	14 Make a <b>smoothie</b> with flaxseed meal	15 Flexibility Friday! <b>Stretch</b> for 10 minutes today	16 Do 15 <b>jump n' jacks</b> and 10 <b>push-ups</b>
17 Go for a 60-minute <b>walk</b>	18 Have a large <b>salad</b> with unlimited <b>veggies</b>	19 Do 45 <b>squats</b> today!	20 Get a full 8 hours of <b>sleep</b> tonight	21 Eat 3 different <b>fruits</b> today	22 20-min <b>medicine ball</b> workout	23 Write down 3 things you are <b>thankful</b> for
24 Stock the fridge with 3 new <b>fruits</b> or <b>veggies</b> you've never had before	25 30-min <b>cardio</b> 30-sec <b>wall sit</b>	26 Start a new <b>book</b> !	27 Enjoy a <b>healthy</b> dinner at your favorite restaurant	28 <b>Core</b> blast! Do 30-sec <b>plank</b> holds 3x	29 Have a big bowl of <b>veggies</b> for a snack	30 Do 20 <b>mountain climbers</b>
31 Smoothie Sunday! Make a bright colored <b>smoothie</b>	<h1>NUTRITION </h1> <h1>M  ONTH</h1>					

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](mailto:kgray@nshcorp.org)  
Questions: Call 443-3365



**NORTON SOUND  
HEALTH CORPORATION**