



# October 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Start the month off with a list of goals for the month of October!	2 Take a 30-minute walk	2 Take the stairs today-skip every other step for a challenge	3 Go to bed 30-minutes earlier than usual	4 Plan an activity for the weekend to get you and the family moving!	5 Write a nice note for a friend or family member! National Do Something Nice Day
6 Meal Prep! Add an extra vegetable to the menu this week	7 10 ab-crunches & 10 squats (x2)	8 Drink a full cup of water with each meal	9 Aim for 10,000 steps by the end of the day	10 Avoid eating junk food today	11 50 Jumping Jacks & 20 squats	12 Spend 30 minutes reading and stretching
13 Meal Prep! Try a new recipe this week	14 Take a 30-minute walk today	15 Vegetable mania! Eat as many vegetables as you can today	16 10 ab-crunches, 10 squats & 10 push-ups (x2)	17 Eat a balanced breakfast	18 Play a game with family or friends	19 Clean the house and find items for donation
20 Meal Prep! Add an extra fruit to the menu this week	21 Aim for 8 hours of sleep tonight	22 10 ab-crunches, 10 push-ups and 10 squats (x3)	23 Water Wednesday! Aim to drink 8 glasses of water today	24 Eat dinner as a family	25 Take a 30-minute walk today	26 Find a Fall themed activity or craft to complete
27 Meal Prep! Pick up something new at the grocery store	28 Aim for 10,000 steps by the end of the day	29 Go to bed 30 minutes earlier than usual	30 15 ab-crunches, 15 push-ups, and 15 squats (x3)	31 Take a family photo and have a Happy Halloween!		

*“Do something today that your future self will thank you for” -Unknown*

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.

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*(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**

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