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| **Sunday**  **September 2019** | **Monday** | **Tuesday** | **Image result for autumn clipartWednesday** | **Thursday** | **Friday** | **Saturday** |
| **1**  Start the month off rested! Get 8 hours of sleep tonight | **2**  **Labor Day**  Throw some veggies on the grill | **3**  Get hydrated! Have 8 glasses of water today | **4**  Try a Zumba class at the gym | **5**  Read a book or newspaper for 30 minutes today | **6**  List 5 qualities you like about yourself and post it as a reminder | **7**  Write down everything you eat or drink today |
| **8**  Play your favorite songs and dance for 15 minutes | **9**  Meatless Monday!  Have a vegetarian lunch or dinner | **10**  Wake up 10 minutes earlier to do some stretches | **11**  Pack one extra vegetable in your lunch today | **12**  40 sec wall sit  5 push ups  5 burpees | **13**  Reflect on 5 positive things that happened this week | **14**  Ride your bike outside for an hour, or use the elliptical at the gym |
| **15**  Meal prep your lunches this week | **16**  Read for 20 minutes  Kawerak  Health Screenings from 8:30-11AM | **17**  20 mountain climbers  20 jumping jacks  10 crunches | **18**  Take a 30 minute walk and clean up litter | **19**  Do a random act of kindness today  (ex: compliment a stranger) | **20**  5 push ups  10 sit-ups  15 lunges each leg | **21**  Meditate for 10 minutes today **International Day of Peace** |
| **22**  20 squats  20 Russian twists  1 minute plank | **23**  **First Day of Autumn**  Enjoy nature with a 30 minute hike or walk outside | **24**  Evaluate and brainstorm 2 goals for next month | **25**  arm circles for  30 second  10 push ups | **26**  Write down everything you eat or drink today | **27**  30 minute cardio (ex: running, swimming, cycling) | **28**  20 squats  20 leg lifts |
| **29**  1-minute of jumping rope x2 | **30**  “Success is the sum of all small efforts, repeated day in and day out” -Robert Collier  Have a family dinner or share a meal with a friend | Related image | | | | |

**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

**Questions: Call 443-3365**