

# GET HEALTHY - MARCH 2022 CHALLENGE CALENDAR

## Tsé Nitsaa Deez'áhi Diné Bi'ólta'gi T'áadoo Ádił Honídlání dóó T'áá Ádaa Nánít'í

SET GOALS SUNDAY	MINDFULNESS MONDAY	TRY TRY TRY TUESDAY	WALKING WEDNESDAY	THIRSTY THURSDAY	FUNCTIONAL FOOD FRIDAY	SLEEP IN & RECOVERY SATURDAY
<b>AGREEMENT OF RELEASE AND WAIVER OF LIABILITY</b> I HEREBY DO AGREE TO THE FOLLOWING: <input type="checkbox"/> RECOGNIZE PHYSICAL EXERTION IS REQUIRED <input type="checkbox"/> AWARE OF RISKS AND HAZARDS INVOLVED <input type="checkbox"/> UNDERSTAND IT IS MY RESPONSIBILITY TO CONSULT WITH A PHYSICIAN PRIOR TO ANY FITNESS ACTIVITIES <input type="checkbox"/> ASSUME FULL RESPONSIBILITY OF RISKS/INJURIES WHICH MIGHT OCCUR DURING MY PARTICIPATION IN THIS ACTIVITY <input type="checkbox"/> NOT TO HOLD RPCS LIABLE FOR INJURY OR DAMAGES AND ABIDE BY ALL RULES/REGULATIONS SET FORTH BY RPCS		<b>Warm Up Stretches Before Exercises</b> <b>1</b> <input type="checkbox"/> Try Some Nuts/Seeds <input type="checkbox"/> Try 5 Push-ups <input type="checkbox"/> Try 5 Sit-ups <input type="checkbox"/> Try 10 Jumping Jacks	<b>Warm Up Stretches Before Exercises</b> <b>2</b> <input type="checkbox"/> Eat A Vegetable <input type="checkbox"/> Take A 10 Min Walk <b>Chinle Health Promotion 10AM</b>	<b>Warm Up Stretches Before Exercises</b> <b>3</b> <input type="checkbox"/> Drink 64 oz. Of Water <input type="checkbox"/> Do 5 Squats <input type="checkbox"/> Do 5 Lunges <input type="checkbox"/> Do 10 Calf Raises	<b>Warm Up Stretches Before Exercises</b> <b>4</b> <input type="checkbox"/> Eat a Fruit <input type="checkbox"/> Try 5 Push-ups <input type="checkbox"/> Try 5 Sit-ups <input type="checkbox"/> Try 10 Jumping Jacks <b>Food Presentation (Staff Mtg)</b>	<b>5</b> <input type="checkbox"/> How many times did I get at least 8 hours of sleep this week? My sleep goal for next week will be: _____
<b>Warm Up Stretches Before Exercises</b> <b>6</b> <input type="checkbox"/> Eat Whole Grain Food <input type="checkbox"/> Bike for 1.0 Mile <b>Softball Sunday</b>	<b>Warm Up Stretches Before Exercises</b> <b>7</b> <input type="checkbox"/> Drink A Glass Of Milk <input type="checkbox"/> Take A 10 Min Walk <b>Food Presentation (Video)</b>	<b>Warm Up Stretches Before Exercises</b> <b>8</b> <input type="checkbox"/> Try Some Nuts/Seeds <input type="checkbox"/> Try 5 Push-ups <input type="checkbox"/> Try 5 Sit-ups <input type="checkbox"/> Try 10 Jumping Jacks <b>Food Demonstration (Virtual)</b>	<b>Warm Up Stretches Before Exercises</b> <b>9</b> <input type="checkbox"/> Eat A Vegetable <input type="checkbox"/> Take A 10 Min Walk <b>Chinle Health Promotion 10AM</b>	<b>Warm Up Stretches Before Exercises</b> <b>10</b> <input type="checkbox"/> Drink 64 oz. Of Water <input type="checkbox"/> Do 5 Squats <input type="checkbox"/> Do 5 Lunges <input type="checkbox"/> Do 10 Calf Raises	<b>Warm Up Stretches Before Exercises</b> <b>11</b> <input type="checkbox"/> Eat a Fruit <input type="checkbox"/> Try 5 Push-ups <input type="checkbox"/> Try 5 Sit-ups <input type="checkbox"/> Try 10 Jumping Jacks <b>Food Presentation (Staff Mtg)</b>	<b>12</b> <input type="checkbox"/> How many times did I get at least 8 hours of sleep this week? My sleep goal for next week will be: _____
<b>Warm Up Stretches Before Exercises</b> <b>13</b> <input type="checkbox"/> Eat Whole Grain Food <input type="checkbox"/> Bike for 1.0 Mile <b>Basketball Sunday</b>	<b>Warm Up Stretches Before Exercises</b> <b>14</b> <input type="checkbox"/> Drink A Glass Of Milk <input type="checkbox"/> Take A 15 Min Walk	<b>Warm Up Stretches Before Exercises</b> <b>15</b> <input type="checkbox"/> Try Some Nuts/Seeds <input type="checkbox"/> Try 8 Push-ups <input type="checkbox"/> Try 8 Sit-ups <input type="checkbox"/> Try 15 Jumping Jacks	<b>Warm Up Stretches Before Exercises</b> <b>16</b> <input type="checkbox"/> Eat A Vegetable <input type="checkbox"/> Take A 15 Min Walk	<b>Warm Up Stretches Before Exercises</b> <b>17</b> <input type="checkbox"/> Drink 64 oz. Of Water <input type="checkbox"/> Do 8 Squats <input type="checkbox"/> Do 8 Lunges <input type="checkbox"/> Do 12 Calf Raises	<b>Warm Up Stretches Before Exercises</b> <b>18</b> <input type="checkbox"/> Eat a Fruit <input type="checkbox"/> Try 8 Push-ups <input type="checkbox"/> Try 8 Sit-ups <input type="checkbox"/> Try 15 Jumping Jacks	<b>19</b> <input type="checkbox"/> How many times did I get at least 8 hours of sleep this week? My sleep goal for next week will be: _____
<b>Warm Up Stretches Before Exercises</b> <b>20</b> <input type="checkbox"/> Eat Whole Grain Food <input type="checkbox"/> Bike for 1.5 Mile <b>Volleyball Sunday</b>	<b>Warm Up Stretches Before Exercises</b> <b>21</b> <input type="checkbox"/> Drink A Glass Of Milk <input type="checkbox"/> Take A 20 Min Walk	<b>Warm Up Stretches Before Exercises</b> <b>22</b> <input type="checkbox"/> Try Some Nuts/Seeds <input type="checkbox"/> Try 8 Push-ups <input type="checkbox"/> Try 8 Sit-ups <input type="checkbox"/> Try 15 Jumping Jacks	<b>Warm Up Stretches Before Exercises</b> <b>23</b> <input type="checkbox"/> Eat A Vegetable <input type="checkbox"/> Take A 20 Min Walk	<b>Warm Up Stretches Before Exercises</b> <b>24</b> <input type="checkbox"/> Drink 64 oz. Of Water <input type="checkbox"/> Do 8 Squats <input type="checkbox"/> Do 8 Lunges <input type="checkbox"/> Do 12 Calf Raises	<b>Warm Up Stretches Before Exercises</b> <b>25</b> <input type="checkbox"/> Eat a Fruit <input type="checkbox"/> Try 8 Push-ups <input type="checkbox"/> Try 8 Sit-ups <input type="checkbox"/> Try 15 Jumping Jacks <b>Food Presentation (Staff Mtg)</b>	<b>26</b> <input type="checkbox"/> How many times did I get at least 8 hours of sleep this week? My sleep goal for next week will be: _____
<b>Warm Up Stretches Before Exercises</b> <b>27</b> <input type="checkbox"/> Eat Whole Grain Food <input type="checkbox"/> Bike for 2.0 Mile <b>Hike RP Rock (2.0 Miles)</b>	<b>Warm Up Stretches Before Exercises</b> <b>28</b> <input type="checkbox"/> Drink A Glass Of Milk <input type="checkbox"/> Take A 20 Min Walk	<b>Warm Up Stretches Before Exercises</b> <b>29</b> <input type="checkbox"/> Try Some Nuts/Seeds <input type="checkbox"/> Try 10 Push-ups <input type="checkbox"/> Try 10 Sit-ups <input type="checkbox"/> Try 20 Jumping Jacks	<b>Warm Up Stretches Before Exercises</b> <b>30</b> <input type="checkbox"/> Eat A Vegetable <input type="checkbox"/> Take A 20 Min Walk	<b>Warm Up Stretches Before Exercises</b> <b>31</b> <input type="checkbox"/> Drink 64 oz. Of Water <input type="checkbox"/> Do 10 Squats <input type="checkbox"/> Do 10 Lunges <input type="checkbox"/> Do 15 Calf Raises	Please wear appropriate attire, shoes, and bring water. Feedback/Notes: _____ Participant Name (Print) <span style="float: right;">Signature</span>	