

September 2014

Campus Wellness Challenge Calendar

Sun	Mon	Tue	Wall Sit Wed	Thu	Fri	Sat
	1 LABOR DAY	2 10 squats	3 30 seconds wall sit	4 5 minute walk during the day	5 30 seconds plank 30 seconds arm circles	6 1 mile walk
7 Sleep in!	8 30 seconds of jumping jacks	9 15 squats	10 45 seconds wall sit	11 6 minute walk during the day	12 40 seconds plank 40 seconds arm circles	13 1 mile walk
14 Enjoy a rest day	15 40 seconds of jumping jacks	16 20 squats	17 50 seconds wall sit	18 7 minute walk during the day	19 50 seconds plank 50 seconds arm circles	20 1 mile walk
21 Sleep in!	22 50 seconds of jumping jacks	23 25 squats	24 60 seconds wall sit	25 8 minute walk during the day	26 1 minute plank 1 minute arm circles	27 1 mile walk
28 Enjoy a rest day	29 1 minute of jumping jacks	30 30 squats				