

December 2014

Campus Wellness Challenge Calendar

Sun Mon Tue Wed Thu Fri Sat

	1 30 seconds plank and arm circles	2 40 seconds cross country skiers	3 Spend 3 minutes stretching	4 40 seconds arms with a twist	5 45 seconds cup pours	6 Go for a 10 minute walk
7 REST	8 45 seconds plank and arm circles	9 50 seconds cross country skiers	10 Spend 4 minutes stretching	11 50 seconds arms with a twist	12 60 seconds cup pours	13 Go for a 12 minute walk
14 REST	15 60 seconds plank and arm circles	16 60 seconds cross country skiers	17 Spend 5 minutes stretching	18 60 seconds arms with a twist	19 75 seconds cup pours	20 Go for a 14 minute walk
21 REST	22 75 seconds plank and arm circles	23 70 seconds cross country skiers	24 Spend 6 minutes stretching	25 70 seconds arms with a twist	26 90 seconds cup pours	27 Go for a 15 minute walk
28 REST	29 80 seconds plank and arm circles	30 80 seconds cross country skiers	31 Spend 7 minutes stretching			