



# 2022 Healthy Lifestyle Challenge

## 18 January – 11 February



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1 Challenge: 10,000 Steps a Day</b>				
<b>17</b>  <b>Closed for Holiday</b>	<b>18</b> <b>Fitness Assessments</b> <i>By Appointment @ MFC</i>	<b>19</b> <b>Introduction to the Weight Room</b> <i>By Appointment @ MFC</i> <b>Circuit Training</b> 1745-1845 @ MFC	<b>20</b> <b>Accepting Change</b> <b>(Motivational Interviewing)</b> 1200-1300 @ FMWR Conference Room (Building 203, Room 106)	<b>21</b> <b>Overhead Medicine Ball Throw</b> <i>Open Hours @ MFC</i>
<b>Week 2 Challenge: Hydration Challenge</b>				
<b>24</b> <b>Pickleball</b> <i>Open Hours @ MFC</i> <b>Circuit Training</b> 1745-1845 @ MFC	<b>25</b> <b>10 Minute Row</b> <i>Open Hours @ MFC</i>	<b>26</b> <b>Pickleball</b> <i>Open Hours @ MFC</i> <b>Circuit Training</b> 1745-1845 @ MFC	<b>27</b> <b>Jump Rope Challenge</b> <i>Open Hours @ MFC</i>	<b>28</b> <b>Shuttle Run Competition</b> <i>Open Hours @ MFC</i> <b>Chill-Out Yoga</b> 1130-1230 @ MFC
<b>Week 3 Challenge: 30 and 30 Challenge</b>				
<b>31</b> <b>Racquetball</b> <i>Open Hours @ MFC</i> <b>Circuit Training</b> 0830-0930 @ MFC <b>Circuit Training</b> 1745-1845 @ MFC	<b>1</b> <b>Chill-Out Yoga</b> 1130-1230 @ MFC <b>Nutrition 101</b> 1730-1830 @ Pete Burke Center	<b>2</b> <b>Racquetball</b> <i>Open Hours @ MFC</i> <b>Circuit Training</b> 0830-0930 @ MFC <b>Circuit Training</b> 1745-1845 @ MFC	<b>3</b> <b>Stealth Board Plank Challenge</b> <i>Open Hours @ MFC</i>	<b>4</b> <b>Weight Sled Race</b> <i>Open Hours @ MFC</i> <b>Chair Yoga Workshop</b> 1715-1845 @ MFC
<b>Week 4 Challenge: Start a Good Habit &amp; Drop a Bad Habit</b>				
<b>7</b> <b>Circuit Training</b> 0830-0930 @ MFC <b>Snowshoeing</b> 1730-1830 @ Kreuzeck <b>Circuit Training</b> 1745-1845 @ MFC	<b>8</b> <b>3 Point Shooting Contest</b> <i>Open Hours @ MFC</i> <b>Chill-Out Yoga</b> 1130-1230 @ MFC	<b>9</b> <b>Circuit Training</b> 0830-0930 @ MFC <b>Dodgeball</b> 1730-1830 @ MFC <b>Circuit Training</b> 1745-1845 @ MFC	<b>10</b> <b>Wallyball</b> 1730-1830 @ MFC	<b>11</b> <b>Fitness Assessments</b> <i>By Appointment @ MFC</i>