

**JULY/AUGUST CHALLENGE:
Let's Stay Healthy This Summer!**



Challenge Dates:

Monday July 20th – Monday August 17th

Rules:

Complete each weekly activity and check off when finished.

You must send us a picture, or printed checked off list of your completed challenge after August 17th for your name to be entered into a drawing to win our grand prize! You can email us your pictures at:

drchad.revchiro@gmail.com

WEEK 1 (July 20th – July 26th)

– Stretch for a total of 30 minutes during the week.
(This can be broken into 10 minutes of stretching for 3 days, or however you want to do it. Pick any stretches you like that work for you! If you need help or have questions, text us at (970) 372-4241)

– Drink half of your body weight in ounces of water every day.
(Example, if I weigh 100 lbs, I need to drink 50 ounces or more of water every day.)

– Walk for a total of 2 hours or more during the week.
(This can be broken into 4 days of 30 minute walks, or two hour long walks, or whatever works for you.)

WEEK 2 (July 27th – August 2nd)

– Stretch for a total of 40 minutes during the week.
(This can be broken into 10 minutes of stretching for 4 days, or however you want to do it. Pick any stretches you like that work for you! If you need help or have questions, text us at (970) 372-4241)

– Complete 2 hours of the exercise of your choice over the week.

– Cook 1 healthy meal and share your recipe with our office.
You can text us at (970) 372-4241, or email us at drchad.revchiro@gmail.com. (Note: our texting system cannot receive pictures so if you send a picture, it will have to be to our email.)

WEEK 3 (August 3rd – August 9th)

– Stretch for a total of 50 minutes during the week.
(This can be broken into 10 minutes of stretching for 5 days, or however you want to do it. Pick any stretches you like that work for you! If you need help or have questions, text us at (970) 372-4241)

– Read a book for 1.5 hours over the week.
(This can be broken into 30 minute reading sessions for 3 days, or however you want to do it.)

– Do 1 hike during the week.

OR Do 3 hours of walking during the week.

WEEK 4 (August 10th – August 17th)

– Stretch for a total of 60 minutes during the week.
(This can be broken into 10 minutes of stretching for 6 days, or however you want to do it. Pick any stretches you like that work for you! If you need help or have questions, text us at (970) 372-4241)

– Drink half of your body weight in ounces of water every day.
(Example, if I weigh 100 lbs, I need to drink 50 ounces or more of water every day.)

– Complete 3 hours of the exercise of your choice over the week.