









REVEAL YOUR CHAMPION: FLEXIBILITY FEBRUARY

WEEK 3: FEBRUARY FLOW

Get ready to Reveal Your Champion:

- Open Space Comfortable Clothing Water Bottle Towel Mat Watch/Timer

02/15/2021	02/16/2021	02/17/2021	02/18/2021	02/19/2021	02/20/2021	02/21/2021
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Balance	Strength	Flexibility	Speed & Power	Balance	Flexibility	Rest Day
Circus	Super Strength	Vitality	Atomic	Chair Yoga	Toe Touch	Set your goals for the week!
						GOALS
<i>Click to begin workout</i>	<i>Click to begin workout</i>	<i>Click to begin workout</i>	<i>Click to begin workout</i>	<i>Click to begin workout</i>	<i>Click to begin workout</i>	
Recovery Activity: 20 Minute Walk	Recovery Activity: Strong Minds Strong Stretching	Recovery Activity: Strong Minds Stress Ball	Recovery Activity: 20 Minute Walk	Recovery Activity: Strong Minds Strong Stretching	Recovery Activity: Strong Minds Stress Ball	

February Wellness Activities:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Today is Family Day so spend some time with your family or loved ones! If you are not able to be with them, call them through phone or video chat.	Don't forget to log into MyPAHL to track your steps, sleep, mood and water to earn points!	Let's try something new to eat. Why not this recipe for Shrimp Stir Fry!	Make sure to wash your hands to prevent the spread of germs! Use warm water and soap for 20 seconds!	Challenge yourself to eat 5 servings of fruits and vegetables each day! Log your fruits and veggies on MyPAHL for 25 points	End the week by doing a good deed for someone! It will make you AND them feel great!	Try writing down a "To Do" list and cross them off as you finish them. It feels great!