



REVEAL YOUR CHAMPION: MUSCLE MARCH

WEEK 5: GO FOR GOLD

Get ready to Reveal Your Champion:

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

03/29/2021	03/30/2021	03/31/2021	04/01/2021	04/02/2021	04/03/2021	04/05/2021
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance	Strength	Speed & Agility	Strength	Flexibility	Strength	Rest Day
Get Movin'	Max It Out	Be Agile	In it to Win it	Mindful Hatha	Finish Line	Set your goals for the week!
						
<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: 30 Minute Walk	Recovery Activity: Summer Olympics Yoga	Recovery Activity: Wind Down Meditation	Recovery Activity: 30 Minute Walk	Recovery Activity: Summer Olympics Yoga	Recovery Activity: Wind Down Meditation	

March Wellness Activities:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Make it your goal to floss today!	Try out this healthy salmon recipe for dinner!	Make a list of all the things you are proud of this month!	It's April Fool's Day! Tell your friends and family a funny joke .	Make sure you are staying hydrated by drinking at least 8 cups of water! Log you water intake on MyPAHL!	Checkout this recipe for Broccoli Mac and Cheese!	Its Easter Sunday! Here is a recipe for no-bake egg fruit tarts!