









# REVEAL YOUR CHAMPION: JANUARY

## WEEK 3: GOOD 2 GREAT

**Get ready to Reveal Your Champion:**

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

01/18/2021	01/19/2021	01/20/2021	01/21/2021	01/22/2021	01/23/2021	01/24/2021
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Strength</b>	<b>Endurance</b>	<b>Speed &amp; Power</b>	<b>Balance &amp; Flexibility</b>	<b>Speed &amp; Agility</b>	<b>Speed &amp; Power</b>	<b>Rest Day!</b>
<b>Iron Strong</b> <i>Click to begin workout</i>	<b>Step it Up</b> <i>Click to begin workout</i>	<b>Total Blast</b> <i>Click to begin workout</i>	<b>Standing Tall</b> <i>Click to begin workout</i>	<b>Challenger</b> <i>Click to begin workout</i>	<b>Power UP</b> <i>Click to begin workout</i>	
						
<i>Recovery Activity:</i> <b>20 Minute Walk with Family/Friend</b>	<i>Recovery Activity:</i> <b>Basic Recovery</b>	<i>Recovery Activity:</i> <b>Static Stretch Recovery</b>	<i>Recovery Activity:</i> <b>20 Minute Walk with Family/Friend</b>	<i>Recovery Activity:</i> <b>Basic Recovery</b>	<i>Recovery Activity:</i> <b>Static Stretch Recovery</b>	

### January Wellness Activities:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Check in with yourself to see how you are feeling. Use the mood tracker on <a href="#">MyPAHL</a> to keep track of how you feel.	Today is International Popcorn Day! Enjoy some of this healthy treat today!	You should try and get 7-9 hours of sleep each night. Log your sleep on <a href="#">MyPAHL</a> for 25 points.	What are you grateful for today? Write down three things that you are thankful for, then challenge a friend to do the same.	Reach out to 3 friends or family members today and see how they are feeling!	Give your body a big stretch. Raise your shoulders to your ears and hold them there for 30 seconds Do this 3 times!	Today is International Compliment Day! Tell someone you know something you like about them!