

30-Day Staff Fitness Challenge Calendar

Welcome to our 30-Day Staff Fitness Challenge. This calendar is designed to inspire and motivate our school staff to incorporate more physical activity into their daily routines. Each day presents a new challenge, ranging from quick workouts to mindfulness and nutrition tips.

How to Use:

- **Daily Challenges:** Complete the activity listed for each day.
- **Flexibility:** Feel free to swap days according to your schedule or repeat your favourites.
- **Team Spirit:** Encourage colleagues to join in and share experiences.
- **Track Progress:** Mark off each day you complete to keep track of your journey.

Supporting Notes:

- **Encouragement:** Encourage staff to support one another, maybe even creating small groups or pairs for accountability.
- **Flexibility:** Remind everyone that it's okay to adapt the challenges to fit personal needs or preferences.
- **Celebration:** Consider organising a small event or recognition for participants at the end of the 30 days to celebrate everyone's efforts and achievements.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
10-minute morning stretch session before work. 	Drink at least 8 glasses of water throughout the day. 	Take a 15-minute walk during your lunch break. 	Try and new health snack. 	Chair yoga session during a break. 	10-minute meditation for relaxation. 	Rest day Reflect on your first week and plan for the next. 
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Start your day with a healthy breakfast. 	Introduce a 'Walking Meeting'. 	Share a healthy recipe with a colleague. 	Join a fitness class or online workout. 	Cycle or walk to work if possible. 	Organise a quick team game during a break. 	Prepare a meal with at least 3 different vegetables. 
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Mid-point check-in: Share progress and encourage others. 	Engage in 20-minutes of stretching or Pilates. 	Take the stairs whenever possible. 	No sugar day Avoid added sugars. 	Participate in a mindfulness or yoga app session. 	Plan or enjoy a nature walk. 	Rest Day Take time for self-care and relaxation. 
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Try a new fitness activity or sport. 	Focus on hydration ai for your water intake goal. 	Engage in a hobby that gets you moving. 	Use a fitness app to track your activity. 	Participate in a team-building physical activity. 	Spend time gardening or working outside. 	Cook a new healthy meal from scratch. 
Day 29	Day 30	Congratulations on completing the 30-Day Staff Fitness Challenge. Whether you managed a few days or the whole month, you've taken steps toward a healthier lifestyle. Reflect on what activities you enjoyed and consider how you can incorporate them into your daily routine going forward. Keep motivating each other and stay active.				
Reflect on this month's activities – What did you enjoy most? 	Celebration day! Share your achievements and future fitness goals. 					