

30 Day Health Challenge

Go to the website

<https://shapescala.com/blog/health/30-day-health-challenge/>

and go over the components to the 30 day health challenge.

Alternatively, do a Google search for a fitness or nutrition challenge and decide as a class which one to undertake. As a class, students then decide how and what to implement, how to monitor progress, and end goals.



Students may need to check with their doctors before implementing a new health plan