



First Nations Health Authority  
Health through wellness

# FNHA 30x30 Active Challenge | June 2021

EVERY THURSDAY: Inspirational Indigenous Athletes Series

MONDAY, JUNE 21: National Indigenous Peoples Day

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 30 minutes of activity Daily water consumption	<b>2</b> 30 minutes of activity Daily water consumption	<b>3</b> 30 minutes of activity Daily water consumption	<b>4</b> 30 minutes of activity Daily water consumption	<b>5</b> 30 minutes of activity Daily water consumption
<b>6</b> 30 minutes of activity Daily water consumption	<b>7</b> 30 minutes of activity Daily water consumption	<b>8</b> 30 minutes of activity Daily water consumption	<b>9</b> 30 minutes of activity Daily water consumption	<b>10</b> 30 minutes of activity Daily water consumption	<b>11</b> 30 minutes of activity Daily water consumption	<b>12</b> 30 minutes of activity Daily water consumption
<b>13</b> 30 minutes of activity Daily water consumption	<b>14</b> 30 minutes of activity Daily water consumption	<b>15</b> 30 minutes of activity Daily water consumption	<b>16</b> 30 minutes of activity Daily water consumption	<b>17</b> 30 minutes of activity Daily water consumption	<b>18</b> 30 minutes of activity Daily water consumption	<b>19</b> 30 minutes of activity Daily water consumption
<b>20</b> 30 minutes of activity Daily water consumption	<b>21</b> 30 minutes of activity Daily water consumption	<b>22</b> 30 minutes of activity Daily water consumption	<b>23</b> 30 minutes of activity Daily water consumption	<b>24</b> 30 minutes of activity Daily water consumption	<b>25</b> 30 minutes of activity Daily water consumption	<b>26</b> 30 minutes of activity Daily water consumption
<b>27</b> 30 minutes of activity Daily water consumption	<b>28</b> 30 minutes of activity Daily water consumption	<b>29</b> 30 minutes of activity Daily water consumption	<b>30</b> 30 minutes of activity Daily water consumption			