MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
		1	2	3	4	5
		10 Arm Circles	11 Arm Circles	12 Arm Circles	13 Arm Circles	REST
6	7	8	9	10	11	12
14 Arm Circles	15 Arm Circles	16 Arm Circles	17 Arm Circles	18 Arm Circles	19 Arm Circles	REST
13	14	15	16	17	18	19
20 Arm Circles	21 Arm Circles	22 Arm Circles	23 Arm Circles	24 Arm Circles	25 Arm Circles	REST
20	21	22	23	24	25	26
26 Arm Circles	27 Arm Circles	28 Arm Circles	29 Arm Circles	30 Arm Circles	31 Arm Circles	REST
27	28	29	30	31		
32 Arm Circles	33 Arm Circles	34 Arm Circles	35 Arm Circles	36 Arm Circles		

NC COOPERATIVE EXTENSION

N.C. A&T STATE UNIVERSITY

NC STATE UNIVERSITY

TRIANGLE NORTH HEALTHCARE FOUNDATION

Name _____

Phone _____

ARM CIRCLES CHALLENGE

Take the Arm Circles Challenge in March to tone up and boost your muscles. The challenge has 1 exercise to do each day and can be done over the course of the entire day. The number of exercises each day slowly increases to help you build up your arm muscle strength gradually, ensuring you complete the challenge.

Check off the calendar box each day you complete the activity.

Complete the challenge from March 1 – March 31st and be entered into a drawing for a prize.

Turn in forms by April 5th to Jennifer Brown, NC Cooperative Extension at Jennifer.brown@ncsu.edu or drop off at 304 South Morgan Street, Room 149 Roxboro, NC 27573.