



First Nations Health Authority
Health through wellness

FNHA 30x30 Active Challenge | June 2023

WEDNESDAY, JUNE 21: National Indigenous Peoples Day

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