



## 30-DAY CHALLENGE

During this time of social distancing, we want to challenge our United Sports Academy athletes to stay active and engaged! Below is a list of things we are challenging you to do. Each day write in the box what activity you did. Try to do a variety of things! Share on social media what you did with the hashtag: #QuarantineUnited After completing all 30 Days, send a copy of this sheet to [info@usportsacad.com](mailto:info@usportsacad.com). **We will draw for one winner to receive his or her choice of a month of free basketball or volleyball lessons!**

### 30-Day Challenge Activities:

- Do a volleyball or basketball workout. Ideas provided on our social media pages.
- Make a healthy meal for yourself.
- Go for a run.
- Do a workout video. Check out the Fieldhouse Fit Facebook Page for online workouts.
- Read about leadership through a book, online articles or through our Leadership Academy class.
- Watch game tape of yourself and make notes of what areas need improvement.
- Go for a long walk or hike.
- Do 3 chores.
- Spend 20 min. on the recruiting process researching and emailing schools.
- Put together a highlight video to send colleges.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>