



FABLOW AgriLife



FABLOW AgriLife is a multi-county collaboration between the Family and Community Health (FCH) Agents of Frio, Atascosa, Bandera, Live Oak, & Wilson County.

JUNE CHALLENGE

We'll be doing this lower body strength challenge in addition to our Walk Across Texas (cardio/step program)- we got this!

Join FABLOW AgriLife on Facebook to be updated on all wellness challenges and health programs.



Join the Facebook Group:
2021 Walk N Talk - FABLOW AgriLife



30 Day Squat Challenge

Day 1	10 squats	Day 16	Rest
Day 2	15 squats	Day 17	70 squats
Day 3	20 squats	Day 18	75 squats
Day 4	Rest	Day 19	80 squats
Day 5	25 squats	Day 20	Rest
Day 6	30 squats	Day 21	85 squats
Day 7	35 squats	Day 22	90 squats
Day 8	Rest	Day 23	95 squats
Day 9	40 squats	Day 24	Rest
Day 10	45 squats	Day 25	100 squats
Day 11	50 squats	Day 26	105 squats
Day 12	Rest	Day 27	110 squats
Day 13	55 squats	Day 28	Rest
Day 14	60 squats	Day 29	115 squats
Day 15	65 squats	Day 30	120 squats

INFO FROM: BEYONDFITLIFE.COM

FABLOW AgriLife

Just Joss'n

Print it out at justjossn.com (Printables)

WALK ACROSS TEXAS!

DIABETES EDITION

Midway Motivation:
June 18th, 2021
11:45 AM – 12:15 PM

<http://howdyhealth.org>

WALK ACROSS TEXAS!

DIABETES EDITION

Check your email for all Walk Across Texas - Diabetes Edition Updates!

****Email sender: howdy@howdyhealth.org****

The next virtual event will be June 18th! Hopefully, you can join!

Join FABLOW AgriLife FB Group for daily tips, health info, and Walk Across Texas inspiration.

Updates!

Mindful Living MINDFUL MAY Recap!

YAY! You're done! (Last day of Mindful Living - June 4th!)

Thank you for participating in mindfulness. May this be the next step in your "mindful living" journey/lifestyle.

Complete our short survey:

<https://forms.office.com/r/bRk6Qs8QES>

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TEXAS A&M AGRILIFE

FABLOW AgriLife

SMART GOALS

Learn about SMART Goals! We want you to succeed in your monthly challenges and health programs (Walk Across Texas!)

MEANINGFUL GOALS ARE SPECIFIC, MEASURABLE, ACHIEVABLE, RELEVANT AND DEFINED WITHIN A TIMEFRAME FOR COMPLETION.



- What do I want to accomplish?
- Why do I want to accomplish this?
- What are the requirements?
- What are the constraints?



- How will I measure my progress?
- How will I know when the goal is accomplished



- How can the goal be accomplished?
- What are the logical steps I should take?



- Is this a worthwhile goal?
- Is this the right time?
- Do I have the necessary resources to accomplish this goal?
- Is this goal in line with my long term objectives?



- How long will it take to accomplish this goal?
- When is the completion of this goal due?
- When am I going to work on this goal?



Create your own SMART Goal(s):

PLAN YOUR WEEK!

Get the form by joining FABLOW AgriLife on Facebook Group or print it out by visiting justjossn.com (printables).

USE THIS FORM TO MAKE YOUR OWN EXERCISE AND PHYSICAL ACTIVITY PLAN—ONE YOU THINK YOU REALLY CAN MANAGE.

- **UPDATE YOUR PLAN AS YOU PROGRESS. AIM FOR MODERATE-INTENSITY ENDURANCE ACTIVITIES ON MOST OR ALL DAYS OF THE WEEK.**
- TRY TO DO STRENGTH EXERCISES FOR ALL OF YOUR MAJOR MUSCLE GROUPS ON 2 OR MORE DAYS A WEEK, BUT DON'T EXERCISE THE SAME MUSCLE GROUP 2 DAYS IN A ROW.
- **FOR EXAMPLE, DO UPPER-BODY STRENGTH EXERCISES ON MONDAY, WEDNESDAY, AND FRIDAY AND LOWER-BODY STRENGTH EXERCISES ON TUESDAY, THURSDAY, AND SATURDAY. OR, YOU CAN DO STRENGTH EXERCISES OF ALL OF YOUR MUSCLE GROUPS EVERY OTHER DAY.**
- **DON'T FORGET TO INCLUDE BALANCE AND FLEXIBILITY EXERCISES.**

Weekly Exercise & Physical Activity Plan

USE THIS FORM TO MAKE YOUR OWN EXERCISE AND PHYSICAL ACTIVITY PLAN—ONE YOU THINK YOU REALLY CAN MANAGE.

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Activity Type	S	M	T	W	T	F	Sat
ENDURANCE							
UPPER BODY STRENGTH							
LOWER BODY STRENGTH							
BALANCE							
FLEXIBILITY							

FABLOW AgriLife Just Jossn



Listen to Podcast Episode 39:

SMART GOALS

With the Fabulous Team!

FABLOW AgriLife has several resources you can benefit from - we excel when it comes to social media education, so make sure to check out our "FABLOW -US" content:

- **Podcast:** FABLOW AgriLife is on 11 different platforms (find us!)
- **Blog/Main Hub:** <https://fablowagrilife.weebly.com>
- **YouTube & Pinterest:** FABLOW AgriLife (find us!)

Contact Us:

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BANDERA



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