November Key Three Challenge

Move • Hydrate • Give thanks — three small things, all month long

Now Health
Listening • Educating • Empowering
Palmer, Alaska

KEY THREE Squat, push, row • 3x10 • 3 days/week

WATER Three 16-oz glasses a day

GRATEFUL Three things you're thankful for

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 DAY ONE! Key Three ☐ Water ☐☐☐ Grateful ☐☐☐	**2** Key Three ☐ Water ☐☐☐ Grateful ☐☐☐	**3** Key Three ☐ Water ☐☐☐ Grateful ☐☐☐	**4** Key Three ☐ Water ☐☐☐ Grateful ☐☐☐	**5** Key Three ☐ Water ☐☐☐ Grateful ☐☐☐	**6** Key Three ☐ Water ☐☐☐ Grateful ☐☐☐	**7** Key Three ☐ Water ☐☐☐ Grateful ☐☐☐
8 Key Three ☐ Water ☐☐☐ Grateful ☐☐☐	**9** Key Three ☐ Water ☐☐☐ Grateful ☐☐☐	**10** Key Three ☐ Water ☐☐☐ Grateful ☐☐☐	**11** Key Three ☐ Water ☐☐☐ Grateful ☐☐☐	**12** Key Three ☐ Water ☐☐☐ Grateful ☐☐☐	**13** Key Three ☐ Water ☐☐☐ Grateful ☐☐☐	**14** Key Three ☐ Water ☐☐☐ Grateful ☐☐☐
15 Key Three ☐ Water ☐☐☐ Grateful ☐☐☐	**16** Key Three ☐ Water ☐☐☐ Grateful ☐☐☐	**17** Key Three ☐ Water ☐☐☐ Grateful ☐☐☐	**18** Key Three ☐ Water ☐☐☐ Grateful ☐☐☐	**19** Key Three ☐ Water ☐☐☐ Grateful ☐☐☐	**20** Key Three ☐ Water ☐☐☐ Grateful ☐☐☐	**21** Key Three ☐ Water ☐☐☐ Grateful ☐☐☐
22 Key Three ☐ Water ☐☐☐ Grateful ☐☐☐	**23** Key Three ☐ Water ☐☐☐ Grateful ☐☐☐	**24** Key Three ☐ Water ☐☐☐ Grateful ☐☐☐	**25** Key Three ☐ Water ☐☐☐ Grateful ☐☐☐	**26** THANKSGIVING *office closed* Key Three ☐ Water ☐☐☐ Grateful ☐☐☐	**27** *office closed* Key Three ☐ Water ☐☐☐ Grateful ☐☐☐	**28** Key Three ☐ Water ☐☐☐ Grateful ☐☐☐
29 Key Three ☐ Water ☐☐☐ Grateful ☐☐☐	**30** Key Three ☐ Water ☐☐☐ Grateful ☐☐☐					

MY NOVEMBER REFLECTION

Key Three days this month: _____ What I noticed:

_____

_____

Missed a day? That's not failure — it's information. You are not behind. Just check the next box.

Questions or need a modification? Message us anytime through the patient portal.

The Key Three, Your Way

Choose the version that fits your body today. Every option counts.

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1 SQUAT — Legs • hips • balance

- **Chair sit-to-stand** — sit down and stand up, using hands if needed
- **Wall sit** — back against the wall, hold 10–30 seconds
- **Lunge** — hold a counter for balance
- **Squat** — body weight, or hold a water jug, dumbbell, or barbell

2 PUSH — Chest • shoulders • arms

- **Wall push-up** — the gentlest start
- **Counter push-up** — hands on the kitchen counter
- **Floor push-up** — from knees or toes
- **Chest press** — with a band, dumbbells, or a barbell

3 ROW — Upper back • posture • grip

- **Single-arm row** — a gallon of water or a dumbbell, one hand on a chair
- **Band row** — band anchored in a door or around your feet
- **Barbell or dumbbell row** — hinge at the hips, back flat
- Squeeze your shoulder blades together at the top

HOW TO DO IT

- **3 sets of 10** of each exercise
- **3 days a week**, with a rest day between (Mon / Wed / Fri works well)
- Rest about a minute between sets
- Move slowly and with control. Fewer reps is fine.
- When 10 feels easy, add a little weight or slow the lowering

WATER

- **Three 16-oz glasses** = 48 oz a day, a starting floor
- Cold weather quiets thirst, so drink by the clock, not by feel
- Warm water with lemon and herbal tea count
- First glass before coffee is an easy anchor

GRATEFUL

- **Three things** each day, big or small
- Try: “I’m grateful for ___, because ___.”
- Bedtime is a lovely time to write them
- A notebook, the back of this page, or your phone all work

If you have joint, heart, or balance concerns, or have been asked to limit fluids, check with us first so we can tailor this to you.