



For a better us.®

**FREE**

# NEW YEAR, NEW YOU

## 28 Days to a NEW You Fitness Challenge February 1-28

Our NEW YEAR, NEW YOU challenge is a 28 day chance to strive for new habits! This is an opportunity to help refresh your goals and work towards new ones! Your goal is to pick one box a day and cross off from the chart on the back.

Completed cards must be turned in before the end of business day Wednesday, March 2 to be entered into a prize raffle! Three winners will be drawn for Y Swag!



GREATER JOLIET AREA YMCA  
(815) SAY-YMCA | [www.jolietymca.org](http://www.jolietymca.org)



# 28 Days to a NEW You Fitness Challenge Tracker

Participant Name: \_\_\_\_\_

Drink at least 8 glasses of water	Complete a 30-minute workout of your choice	Check in at the Morris YMCA on social media	Be screen-free (turn off all electronics) at least one hour before	Stretch for at least 15 minutes	Track your food intake and compute the total calories consumed for an entire day	Remind yourself of your "why" every day: why do you exercise? To be stronger, more confident, live longer, something else?
Complete a 45 minute workout of your choice	Get at least 7 hours of sleep	Measure all your food by measuring cups and spoons and/or a kitchen scale	Take a 20 minute walk outside or on the treadmill	Sneak in more movement during the day: examples are take the stairs instead of elevator or parking farther away	Compliment someone at the Y who you think is crushing their fitness lifestyle	Give yourself a compliment!  Look for the good in yourself 😊
Do at least a 30-minute workout 4 times this week	Plan, prep, and record all your meals for at least one day	Add a side salad with your dinner	Try a new-to-you fitness class or Y On the Go app workout	Lift weights at least twice in a week	Motivate a friend to workout with you! (You can use one of your guest passes!)	Perform 15 minutes of core exercises
Tell yourself one thing you are grateful for about your body (how fast you can run, how strong your legs are, that you are healthy)	Find out what your healthy heart rate should be for your age	Do something that makes you feel CALM (take a yoga class, meditate at home, etc)	Eat a piece of fruit or veggie during every meal for at least one day	Try a cardio machine you typically do not use	Choose a fruit for your dessert	Read for 30 minutes