



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



28 Days to a NEW You Fitness Challenge Tracker

Participant Name: _____

Bring a Guest to the YMCA	Take a class you have never taken before.	Drink a Gallon of water for the day.	Make a healthy smoothie.	Get your 10,000 steps for the day.	Take a Mind/Body class (Yoga, Pilates, Meditation, Barre)	Try the water Vortex
Do a Family workout.	Park farther from any building and walk!	Introduce yourself to someone you don't know at the Y.	Try a water fitness class	Do a strength workout	Stretch for 15 minutes	Walk / Run 1 mile.
Hold a plank for as long as you can.	Eat a veggie with all your meals today.	Check- In at the Y using social media.	Do a wall sit for a minimum of 30 seconds.	See how many push-ups you can do. (Modify if needed)	Do 50 Jumping Jacks	Write a nice note for a Y employee
Make a healthy meal.	Compliment someone today.	Do cardio for a minimum of 30 minutes	Do a workout using the YMCA app	Bring a Friend to try a fitness class.	Take a picture of you and a staff member and post on social media. Tag the YMCA	Eat a healthy Breakfast.