



FAMILY BUCKET LIST WELLNESS CHALLENGE

March 18-31 Family Name _____



Spring has nearly sprung and the Y is here to help your family make it a season to remember!

We have put together an amazing bucket list of health and wellness activities you can do as a family. Complete at least 10 items on the list and return this sheet by March 31 for a chance to win Y swag!

FAMILY WELLNESS BUCKET LIST:

- Leave your phone at home for a walk, an evening, or an entire day!
- Go plogging, take a run or walk and pick up litter along the way.
- Attach a thank you note to a bottle of water for your letter carrier.
- Bake cookies for your local emergency services as a thank you.
- Offer child or elder care to give a caregiver some 'me' time.
- Write a kind note to your neighbor.
- Be artists! Paint or draw.
- Enjoy a game night with family or friends.
- Stomp in puddles after a storm (let it stop raining first!)
- Draw with sidewalk chalk!
- Sign up for a 5K (they're everywhere.)
- Introduce yourself to a new friend at the Y.
- Play a pickup sport with friends or family.
- Wake up early to watch the sunrise.
- Make a scrapbook and capture memories from the day.
- Attend a parade or local festival.
- Do a neighbor's yardwork to make their day lighter and brighter.
- Tie dye something. It doesn't have to be a shirt.
- Have a picnic inside or outside.
- Hide something, then go on a treasure hunt.
- Play a trivia game.
- Read a book together.
- Attend a sporting event and root for the home team.
- Create a scavenger hunt of things to find while on a hike.
- Capture fun memories with a disposable camera.
- Visit a locally-owned restaurant that you've never tried before.
- Use three different types of fruit to make a fun smoothie or slushies.
- Enter the Y in "dramatic" fashion: Tell a joke, sing, dance, and make people laugh!
- Grab friends to toss a frisbee. If you have enough, play ultimate frisbee!
- Go for a walk with your fur-baby or play fetch and wear each other out!
- Watch the sunset.
- Have a baking competition. YOU decide the rules and what to make!
- Clean out a space in your home. Donate gently used items.
- Have a spa day at home with friends or family.
- Visit a park in your area or a park you've never been to before.
- Go to bed and put away your phone an hour earlier than usual.
- Wander around your community, without a destination.
- Have a movie night!
- Learn how to do a cartwheel or handstand.
- Grab your friends and family and look at old photos!
- Try a new local coffee shop and grab a refreshing drink with friends or family!

GREATER JOLIET AREA YMCA

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