

YMCA Wellness Challenge

SPIRIT, MIND & BODY CHALLENGE

Times of turmoil can ... challenge yourself to stick with your health and wellness goals - and maybe try something new along the way!

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|--------------------------|---|----------|
| <input type="checkbox"/> | Workout "with" a friend | 3 points |
| <input type="checkbox"/> | Try a New Class | 2 points |
| <input type="checkbox"/> | Improve Your Form | 5 points |
| <input type="checkbox"/> | Share your Sweaty Selfie | 2 points |
| <input type="checkbox"/> | Curb a Craving | 1 point |
| <input type="checkbox"/> | Practice Mindfulness/Gratitude | 2 points |
| <input type="checkbox"/> | Step Outside of your Comfort Zone | 5 points |
| <input type="checkbox"/> | Give Back for a Healthy Heart | 3 points |
| <input type="checkbox"/> | Unplug and Get Outside | 2 points |
| <input type="checkbox"/> | Try a New Recipe | 5 points |

_____ total points

For a complete list of activities and challenges
visit ymcagbw.org/ymca-home

