

YOUR JOURNEY BEGINS HERE

Around the World in 90 Days Fitness Challenge Tracking Card

January 22–April 22



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Instruction Sheet

Please document the distances you complete on the back of this tracking sheet.

TRAVEL DESTINATIONS

Wellness Center – Earn 5 Miles Per Minute

For Example:

- 30 Minutes on Treadmill = 150 Miles
- 60 Minute Personal Training Session = 300 Miles

Track or Pool – Earn 10 Miles Per Minute

For Example:

- 25 Minutes of Swimming = 250 Miles
- 45 Minutes of Walking/Running = 450 Miles

Group Fitness Classes – Earn 10 Miles Per Minute

For Example:

- 30 Minute Class = 300 Miles
- 60 Minute Class = 600 Miles

Please turn in your completed weekly tracking form to the Membership Desk by 4 p.m. each Sunday. All tracking sheets MUST be turned in by 4 p.m. on April 22 to be eligible for shirt and prizes.

For more information, please contact Health and Wellness Director Susan Krause at (815) 267-8600 or via email skrause@jolietyymca.org.



C.W. AVERY FAMILY YMCA
(815) 267-8600 • www.jolietyymca.org



