



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: \_\_\_\_\_

Join a Cardio Class	Walk the outdoor track.  2 laps = 1mile!	Invite a friend to workout with you	Try a fitness machine you don't usually use	Drink 8 glasses of water	Skip the extra salt	Give yourself a compliment!
Turn on your favorite music and dance	Challenge yourself to try a new fitness class or exercise	Meditate or focus on your breath for 5 minutes	Finish a 30-minute workout	Skip Dessert	Enjoy the great outdoors for at least 30 minutes	Try for 7 hours of sleep
Spend 10 minutes stretching	Show appreciation to a Y staff member	Bring a friend to a fitness class	Check your heart rate during and after your workout	Exercise for 60 minutes	Avoid Caffeine today	Plan your meals ahead for tomorrow
Try a 30-minute core workout	Take a dip in the pool	Have a vegetable at both lunch and dinner	Give a compliment to a friend or family member	Sign up for a class on the Y APP	Read a wellness related article	Use a reusable water bottle