



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: \_\_\_\_\_

|   |  |  |   |   |  |  |
|---|--|--|---|---|--|--|
| Drink at least 8 glasses of water   | Complete a 30-minute workout of your choice                  | Check in at the Morris YMCA on social media                                      | Be screen-free (turn off all electronics) at least one hour before    | Stretch for at least 15 minutes   | Track your food intake and compute the total calories consumed for an entire day | Remind yourself of your "why" every day: why do you exercise? To be stronger, more confident, live longer, something else? |
| Complete a 45 minute workout of your choice   | Get at least 7 hours of sleep                                | Measure all your food by measuring cups and spoons and/or a kitchen scale        | Take a 20 minute walk outside or on the treadmill                     | Sneak in more movement during the day: examples are take the stairs instead of elevator or parking farther away | Compliment someone at the Y who you think is crushing their fitness lifestyle    | Give yourself a compliment!<br><br>Look for the good in yourself 😊   |
| Do at least a 30-minute workout 4 times this week   | Plan, prep, and record all your meals for at least one day   | Add a side salad with your dinner  | Try a new-to-you fitness class or Y On the Go app workout             | Lift weights at least twice in a week   | Motivate a friend to workout with you! (You can use one of your guest passes!)   | Perform 15 minutes of core exercises   |
| Tell yourself one thing you are grateful for about your body (how fast you can run, how strong your legs are, that you are healthy) | Find out what your healthy heart rate should be for your age | Do something that makes you feel CALM (take a yoga class, meditate at home, etc) | Eat a piece of fruit or veggie during every meal for at least one day | Try a cardio machine you typically do not use   | Choose a fruit for your dessert  | Read for 30 minutes  |