



12 Days of Fitness CHALLENGE



Oh the weather outside is frightful, but in the Y it's so delightful! Let the Y help you stay active this holiday season. Achieve and maintain your health goals with our 12 days of fitness challenge!

WHEN TO PLAY: December 1st-31st

HOW TO PLAY: Pick up a challenge card at the Front Desk and add it to the challenge binder. Log your workout once you accomplish 30 minutes or more of an activity. Log only 1 activity per day. Complete 12 days of fitness and receive a prize! You will also be entered in to a raffle to win an extra prize!

Activity: Date:	Activity: Date:	Activity: Date:	Activity: Date:
Activity: Date:	Activity: Date:	Activity: Date:	Activity: Date:
Activity: Date:	Activity: Date:	Activity: Date:	Activity: Date:

THIS CARD BELONGS TO: _____

