



PARTICIPANT'S NAME:
(PRIMARY HOUSEHOLD FOR FAMILIES)



Set weekly fitness goals + additional weekly themed challenges and list on tracking sheet. Check off each goal you & your family accomplishes. Share your experience in the Strong Challenge Community Facebook Group (use #YMCAFoxCitiesSTRONG).

NOVEMBER

YMCA OF THE FOX CITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GOALS	9 START DAY!	10	11	12	13	14	15
PLAY	16	17	18	19	20	21	22
CONNECT	23	24	25	26 TURKEY TROT	27	28	29
REST	30						

STRONGER TOGETHER

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DECEMBER

YMCA OF THE FOX CITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST		1	2	3	4	5	6
SERVE	7	8	9	10	11	12	13
CELEBRATE	14	15	16	17	18	19	20 YOU DID IT!

EVERY PARTICIPANT WHO FINISHES THE 6-WEEK CHALLENGE WILL HAVE A CHANCE AT WINNING OUR STRONG CHALLENGE GRAND PRIZE.

The Grand Prize winner must provide a completed tracking sheet in order to claim the Grand Prize. Grand Prize drawing will take place on Monday, December 21 and winner will be notified via phone.