

30X31 Challenge Exercise Log

How many days can you exercise for 30 minutes or more? The YMCA encourages you to exercise for 30+ minutes per day for the next 31 days! Just checkmark the days you exercise for 30+ minutes and turn in the calendar at the end of the month. Workouts can take place ANYWHERE. You can start this challenge at any time during the month.

- 1-14 days wins a Y Swag Voucher
- 15-24 days wins a Y Swag Voucher & Chapstick
- 25-31 days wins a Y Swag Voucher, Chapstick & a Cinch Bag

Attend 4 group fitness classes in the month of July to earn a Y T-Shirt!

All logs must be turned in by August 6th in order to be eligible for the prizes. You must exercise at least 30 minutes in order for that day to count.




Remember to post your workouts on social media and tag the Mattoon and Neal Center YMCA.

You can also use #30X31Challenge so we can see your progress!

"A journey of a thousand miles begins with a single step" – Lao Tzu

JULY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
	Prizes:	1-14 days  SWAG VOUCHER	15-24 days 	25-30 days 	<div style="background-color: #0070C0; color: white; padding: 10px; border-radius: 15px; text-align: center;"> All members who exercise 25-31 days will have a chance to win a FREE 3 MONTH MEMBERSHIP! </div>	