

Daily 15

"You become what you believe."

How many days can you exercise for 15+ minutes? How about complete a wellness activity (see back)? The YMCA is encouraging you to exercise for 15+ minutes and/or complete wellness activities as many days as possible during the month of July!

Use this calendar as a guide to track your exercise for 15+ minutes and/or track your wellness activities. **Track your exercise/activities through the YMCA Universal App!**

Workouts/activities can take place ANYWHERE. You can start this challenge at any time during 7/1-7/31.

1 point per wellness activity or 15+ min workout completed.

1 point MAX per day. You can choose a workout, wellness activity or both!

- 1-14 points earns Y wristband
- 15-24 points earns Y wristband & challenge T-Shirt
- 25+ points earns Y wristband, challenge T-Shirt & Y Swag Voucher



JULY

the

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

	Challenge ends 7/31!						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	1-14 points 	15-24 points 	25+ points 	Prizes will be awarded at the end of the challenge! Pick up at the front desk after August 7th!		



"The only way to have a friend is to be one."

Compliment someone
Write a thank you letter to someone you appreciate
Write out a blessing and put it somewhere visible everyday
Do something kind for someone
Visit the library
Read for 15+ minutes
Play basketball, volleyball or swim at the Y
Decorate the sidewalk with chalk
Catch lightning bugs
Play at the park with a friend
Complete a puzzle
Help a friend or family member
No phones/tablets during meal time
Go to the movies with a friend
Talk to a friend about areas of struggle
Meditate and/or stretch for 15+ minutes
Say a prayer
Take a bike ride
Pack a picnic
Play a board or card game
Bake cookies with a friend or for a neighbor
Enjoy some ice cream with a loved one
Go fishing

Complete a wellness activity as many days as possible while understanding emotional, intellectual, social and spiritual wellness are all equally as important as our physical health! See wellness activity ideas listed on this page.

Please use the YMCA Universal App to log your activities along with your workouts! Feel free to use the paper logs here as well and file in the bin to receive your prize at the end of the challenge.

Emotional Wellness- the ability to learn and grow from experiences through self-care, relaxation, stress reduction, and development of inner strength

Intellectual Wellness- is engaging the individual in creative and stimulating mental activities to expand their knowledge and skills and help them discover the potential for sharing their gifts with others

Physical Wellness- the ability to maintain a healthy quality life while promoting proper care of our bodies for optimal health and function

Social Wellness- the relationships we have and how we interact with others

Spiritual Wellness- relates to one's sense of purpose, life's meaning, and our relationship to other people and our self-awareness to these things

YMCA Reminders: Kids ages 8- 13 must have a consultation (while using must be accompanied by an adult) before using the Wellness Center. Children are welcome to utilize the gym anytime during facility hours. Children will be able to utilize the pool during open swim times (if under 10 years old- must be accompanied by an adult).