

## Daily 30 FAQ

### **Do I have to complete an activity AND workout each day?**

We encourage you to complete an activity, workout or BOTH each day in the month of July. You will earn either 1 point for completing an activity OR 1 point for completing a workout per day. 1 point **max** per day (so you can complete either or go above and beyond and complete both for your own added benefit!)

### **If I exercise or complete an activity for an hour one day, will I get 2 points?**

No, but you can log your exercise/activity as one hour for your own personal log. 1 point max for 30+ min of exercise/activity per day depending on which challenge you enroll in.

### **Where do I log my activity/exercise?**

You can log on our app, YMCA 360 or pick up a paper calendar at the desk. You can download the app from the app store if you haven't already & login, select the "Y" at the bottom of the app home screen, click "Challenges" and select the "Daily 30" challenge to enroll. Then click "Join Challenge". Once you are enrolled, you will see the challenge listed under "My Challenges". To log your activity you will go back to the home screen and click the big "Y" in the middle at the bottom of the app. You will then select "Track Activity", "Add+" in the top right corner and then log your activity. To see your progress throughout the month, you will go back to the "Challenges" and click the challenge you are enrolled in. If you need any assistance with this please visit our front desk or email Lisa Jones (ljones@nealcenterymca.org) or Alex Swango (aswango@mattoonymca.org). If you cannot access the app to log your activity/exercise, paper logs will be provided up at the front lobby table. Please file and complete the calendars throughout the month. Paper calendars will be due no later than Friday, August 2<sup>nd</sup> in order to be counted for prizes!

### **Who can join the Daily 30?**

This is open to all members and non-members! We encourage our non-members to join as a member of course : )

### **Can kids join the challenge?**

YES! All ages are welcome to join the challenge.

### **When do I pick up my prizes?**

Logs through the app (and any paper logs in the bins) will be tallied and counted ready for prize pick up by Wednesday, August 7<sup>th</sup>. Please be sure your logs are all submitted no later than August 2<sup>nd</sup>.

### **What is the cost for this challenge?**

The challenge is FREE! Join us this summer for the fun Daily 30 challenge and make the most of it! If you'd like our 2025 challenge t-shirt you can register for one at the desk for \$8!

### **Do I have to register for the challenge at the front desk if I am registered in the app?**

No. If you are enrolled in the app, you are good to go! Be sure to track all of your activity within the app. If you registered at the front desk, you are welcome to use paper logs if you prefer. If you prefer to use the app, be sure to enroll on the app as well!

**If you would like a 2025 Daily 30 t-shirt, you MUST register & pay at the front desk by July 10<sup>th</sup>.**