

July

How many days can you exercise for 30+ minutes? How about complete a wellness activity (see back)? The YMCA is encouraging you to exercise for 30+ minutes and/or complete wellness activities as many days as possible during the month of July!

Daily 30


Use this calendar as a guide to track your exercise for 30+ minutes and/or track your wellness activities.
Track your exercise/activities through the Y360 app!

1 point per wellness activity or 30+ min workout completed.

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

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

- 1-14 points earns Y Chapstick
- 15-24 points earns Y magnet or decal
- 25+ points earns Y Swag Voucher

	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 ✓ ✓		

- 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
- Do something that makes you laugh
- De-clutter/reorganize for 30+ minutes
- Read for 30+ minutes
- Write down your thoughts for 30+ minutes
- Watch a documentary
- Track your food for the day
- Complete a puzzle
- Help a stranger
- Volunteer for 30+ minutes
- 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 30+ minutes
- Say a prayer
- Eliminate a bad/unhealthy habit
- Take a quiet nature walk
- Go to a yoga class at the Y



WELLNESS:
the state of being in good health, especially as an actively pursued goal.

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

We often forget wellness is not just physical, it encompasses several dimensions; each of them equally as important!

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! You might notice you are stronger in some dimensions than others. We encourage you to try to get out of your comfort zone and explore all dimensions.

Please use the calendar or the Y360 app to log your activities along with your workouts!
 Log your activities/exercise each day in the app!