STRONGER TOGETHER

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 Oshkosh YMCA STRONG Challenge Facebook Group (use #COMMUNITYSTRONG).

the YMCA

OSHKOSH COMMUNITY YMCA

NOVEMBER

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GOALS	1 KICKOFF!	2 START DAY!	3	4	5	6	7
PLAY	8	9	10	11	12	13	14
CONNECT	15	16	17	18	19	20	21
REST	22	23	24	25	26	27	28
SERVE	29	30					

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DECEMBER

CELEBRATE SERVE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12 YOU DID IT!

TURN IN YOUR COMPLETED CHALLENGE TRACKER TO THE OSHKOSH Y DECEMBER 13-18 TO RECEIVE YOUR Y SWAG . YOU WILL ALSO HAVE A CHANCE AT WINNING OUR STRONG CHALLENGE GRAND PRIZE.

The Grand Prize drawing will take place on Monday, December 21 and winner will be notified via phone and email.