



CHALLENGE TIMELINE

WEEK 1: GOALS / NOVEMBER 1-7

- ✓ Set week 1 fitness goal, list it on your tracking sheet, and check in with your accountability partner.
- ✓ Check off each goal you & your family accomplishes.
- ✓ Share your experience in the Strong Challenge Facebook Group (use #COMMUNITYSTRONG).

WEEK 2: PLAY / NOVEMBER 8-14

- ✓ Set week 2 fitness goal, list it on your tracking sheet, and check in with your accountability partner.
- ✓ Add two tall servings of fun to tracking sheet. We were made to smile, laugh, and joke. Rediscovering your joy will add to your foundation of strength. You were made to PLAY! See a list of idea on the Oshkosh YMCA Strong Challenge website
- ✓ Share your experience in the Strong Challenge Facebook Group and earn entries into our Photo Contest (use #COMMUNITYSTRONG).

WEEK 3: CONNECT / NOVEMBER 15-21

- ✓ Set week 3 fitness goal, list it on your tracking sheet, and check in with your accountability partner.
- ✓ This week, you will be challenged to add two activities that connect you to family, friends, your faith, or nature. Staying connected and grounded through all of life's challenges will help you feel STRONG.
- ✓ Share your experience in the Strong Challenge Facebook Group (use #COMMUNITYSTRONG).

WEEK 4: REST / NOVEMBER 22-28

- ✓ Set week 4 fitness goal, list it on your tracking sheet, and check in with your accountability partner.
- ✓ This week, we will add to our fitness goals two, ten-minute (or more) helpings of meditation/prayer and one day of complete rest to reclaim our health. Find time for power naps, sleeping in, quieting our minds. Mark your tracking sheet in places where you will REST.
- ✓ Share your experience in the Strong Challenge Facebook Group (use #COMMUNITYSTRONG).

WEEK 5: SERVE / NOVEMBER 29-DECEMBER 5

- ✓ Set week 5 fitness goal, list it on your tracking sheet, and check in with your accountability partner.
- ✓ This week, along with your weekly fitness goals, prioritize the needs of others. Look for a list of ideas on the Oshkosh YMCA Strong website.
- ✓ Share your experience in the Strong Challenge Facebook Group (use #COMMUNITYSTRONG).

WEEK 6: CELEBRATE / DECEMBER 6-12

- ✓ Set week 6 fitness goal, list it on your tracking sheet, and check in with your accountability partner.
- ✓ This week, along with your weekly fitness goals, take some time to celebrate all that you have accomplished this week. Look for a list of celebration ideas on the Oshkosh YMCA website.
- ✓ Share your experience in the Strong Challenge Facebook Group (use #COMMUNITYSTRONG).

PLEASE NOTE: Each week includes special 20-minute virtual Group Exercise classes via Zoom. You can access the link through the Oshkosh YMCA website, and they will be included in the weekly emails.