


2 Weeks Fit Quit

Member Fitness Challenge

November 1 - 15

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Make a NEW healthy & nutritious recipe Points:	2 Have 2 servings of fruit & 2 of veggies Points:	3 Take a NEW class or swim session; DID YOU VOTE? <i>(in person or by ballot)</i> Points:	4 Hit your protein goal 56 grams male; 46 grams female Points:	5 50 jumping jacks; 10 pushups; 20 situps; 20 squats; 30-second plank Points:	6 Do 30 minutes of yoga (YMCA 360.com is free) Points:	7 Infuse your water with unexpected fruits/veggies Points:
8 Take a brisk walk for 30 minutes Points:	9 Make a NEW healthy & nutritious recipe Points:	10 Work out with weights Points:	11 Limit alcohol intake to 0 today Points:	12 Have 2 servings of fruit & 2 of veggies Points:	13 Meditate for 5 minutes & practice your breathing throughout the day Points:	14 Make a green smoothie for breakfast Points:
15 Buy a reusable water bottle that makes drinking water more fun Points:			How to earn points: <ul style="list-style-type: none"> • 2 points each day if challenge is met • 2 bonus points each day if posted on Instagram #LHY2Fit2Quit <ul style="list-style-type: none"> ◇ Follow Lakeland Hills Family YMCA on Instagram ◇ Post pics of recipes, selfies during workout, water bottle, points achieved, etc. 			

Total Points _____ **+ Bonus Points** _____ = **Final** _____

Name _____ **Email** _____

Simple challenges each day to make you feel better & eat healthier!

Sign up online at <https://lakelandhillsymca.com/event/fitness-challenge/>

At the end of the Fitness Challenge, share with us how many points you earned. All participants with a point total of 20 or higher receive a free **2 Weeks 2 Fit 2 Quit** unisex t-shirt. Snap a pic of this completed calendar or download it and email RosemaryL@Lhymca.com



LAKELAND HILLS FAMILY YMCA

100 Fanny Road, Mountain Lakes, NJ 07046

www.lakelandhillsymca.com 973.334.2820

