

Name: _____

Date of Birth: _____

Phone: _____

Shirt Size: _____

Final Weigh-In (Optional):

- Gained Weight
- Maintained Weight
- Lost Weight

GOAL: Find ways to exercise at least 4 times per week for the next 6 weeks.

BONUS GOAL (Optional): Maintain or lose weight*

Return this completed tracker to your Y by Friday, January 6th to earn your long sleeved shirt!

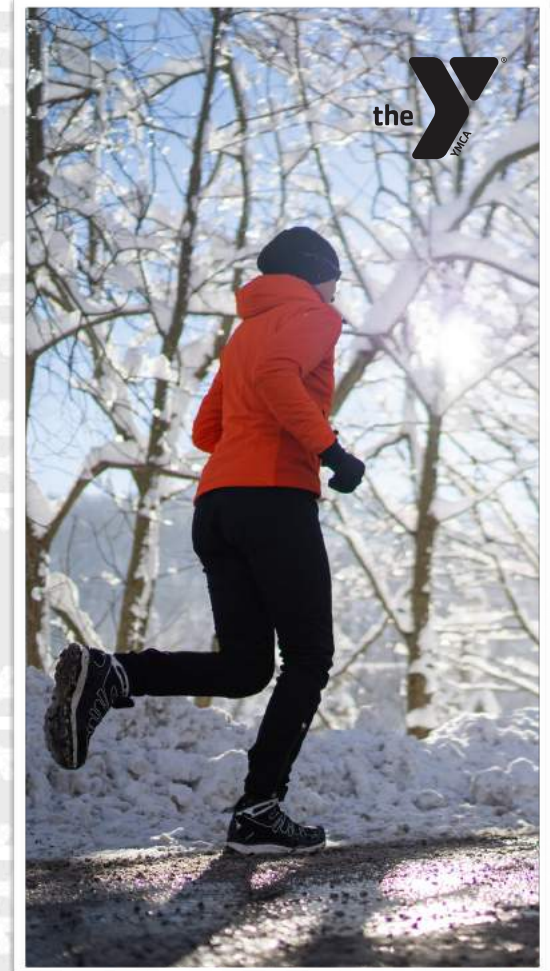


The Y Community is here to support you through your challenges and celebrate alongside you through your successes. Share your story with us!

My Dashing All the Weigh Story:

DASHING
ALL THE
WEIGH

Holiday Fitness Challenge



DON'T LET THE HOLIDAYS WEIGH YOU DOWN.

The holidays have the potential to threaten your efforts toward a healthy lifestyle, but the Y supports you in challenging yourself to stay on track from Thanksgiving through New Year's.

GOAL: Find ways to exercise at least 4 times per week for the next 6 weeks.

BONUS GOAL (Optional): Maintain or lose weight*

*The Y understands that weight loss is not and should not be everyone's goal for a healthy lifestyle.

- Record your weekly workouts using this tracker to earn prizes.
- 24 Total Workouts: Earn a long-sleeve T Shirt
- Maintain/Lose Weight: We'll enter you into a drawing for additional prize!
- Return your tracker to the Y by Friday, January 6th to pick up your prizes.
- You must register for our "Dashing All the Weigh" Program to qualify for prizes.

WEEK 1: NOV 21 - 27

TYPE(S) OF EXERCISE
M
T
W
TH
F
S
SU

At-Home Workout

Repeat 2-3x.
 10 Flutter Kicks
 10 Crunches
 10 Heel Taps
 10 Leg Raises
 10 Glute Bridges

WEEK 2: NOV 28 - DEC 4

TYPE(S) OF EXERCISE
M
T
W
TH
F
S
SU

At-Home Workout

Follow each exercise with 20 seconds of rest.
 Repeat 2-3x.
 Jog in Place 1 min.
 Jumping Jacks 1m
 Push-Ups 1m
 Sit-Ups 1m
 Plank 1m

WEEK 3: DEC 5 - 11

TYPE(S) OF EXERCISE
M
T
W
TH
F
S
SU

At-Home Workout

Repeat 2-3x.
 30 Squats
 10 Right Lunges
 30 Narrow Squats
 10 Left Lunges
 30 Sumo Squats
 10 Donkey Kicks
 1min Squat Hold

WEEK 4: DEC 12 - 18

TYPE(S) OF EXERCISE
M
T
W
TH
F
S
SU

At-Home Workout

Repeat 2-3x.
 30 Squats
 5 Burpees
 10 Lunges
 5 Burpees
 30 High Knees
 5 Burpees

WEEK 5: DEC 19 - DEC 25

TYPE(S) OF EXERCISE
M
T
W
TH
F
S
SU

At-Home Workout

Repeat 2-3x.
 20 Bicep Curls
 10 Side Raises
 20 Side Curls
 10 Front Raises
 20 Hammer Curls
 10 Arm Press
 20 Push-Ups

WEEK 6: DEC 26 - JAN 1

TYPE(S) OF EXERCISE
M
T
W
TH
F
S
SU

At-Home Workout

Follow each exercise with 20 seconds of rest.
 Repeat 2-3x.
 20 Jumping Jacks
 20 Mtn Climbers
 10 Burpees
 20 Squat Jumps