



While the Y is closed, you can still get out and track your activity! Move at least a mile each day and you will be building a healthy habit, relieve stress, feel happier, and possibly try something new like cross country skiing, snowshoeing, or maybe even fat tire biking! Start anytime on or after 11.26. Use this chart to mark off each day you complete!

## MOVE A MILE AND GIVE YOURSELF A HIGH FIVE!



Track your streak and then bring your chart to the Y to claim your prize! All participants will receive 5 guest passes. We will also randomly draw for these prizes: ymca t-shirt, ymca hoodie, ymca winter hat, 2 fit bits.

Your Name \_\_\_\_\_ email \_\_\_\_\_  
Membership # \_\_\_\_\_

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