



# RESET<< CHALLENGE

## BODY

Build your Healthy Habit and win prizes! From February 13-17, when you get a BINGO (5 in a row), enter to win the weekly \$50 Gift Card at this link: [bit.ly/3Gn4KuY](https://bit.ly/3Gn4KuY)

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Do 20 push-ups during the commercial breaks of your favorite TV show

Prepare a healthy snack using a recipe from YMCA360

Have a game night with family or friends

Go for a walk after dinner

Do five minutes of meditation before bed

Complete a workout with a friend

Visit the Y at least two times this week

Complete one virtual fitness class on YMCA360

Get up and stretch every hour during the workday

Drink 64oz of water three days this week

Incorporate one new vegetable into a meal this week

Get 10,000 steps three days this week

**FREE SPACE!  
YOU ROCK!**

Perform one random act of kindness

Write down one positive affirmation

Do 20 squats

Take the stairs instead of the elevator whenever possible

Participate in a Yoga class at the Y (in-person or online at YMCA360)

Create a workout playlist and share it with a friend

Complete one family arts and crafts activity from YMCA360

Get 8 hours of sleep one day this week

Bring your lunch to work two times this week

Give someone a compliment

Go one day without having any sweets

Work up a sweat by dancing to your favorite song

Activities can be modified to suit your abilities



# RESET<< CHALLENGE

## BODY

Build your Healthy Habit and win prizes! From February 18-26, when you get a BINGO (5 in a row), enter to win the weekly \$50 Gift Card at this link: [bit.ly/3Gn4KuY](https://bit.ly/3Gn4KuY)

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Do three 30-second planks during the commercial breaks of your favorite TV show

Prepare a healthy dinner using a recipe from YMCA360

Read at least two chapters of a new book

Go for a 15-20 minute jog

Do 10 minutes of meditation before bed

Try a new group exercise class at the Y (in-person or online at YMCA360)

Visit the Y three or more times this week (in-person or online at YMCA360)

Perform two random acts of kindness

Get up and stretch every 30 minutes during the workday

Replace one coffee break with a water break instead

Incorporate two new vegetables into a meal this week

Get 12,000 steps three days this week

**FREE SPACE!  
YOU ROCK!**

Complete two virtual fitness classes on YMCA360

Write down two positive affirmations

Do 30 squats

Call a friend that you haven't spoken to in a while

Participate in a HIIT class at the Y (in-person or online at YMCA360)

Journal five things you are grateful for

Do 30 jumping jacks

Turn your phone off after work one day this week

Bring your lunch to work three times this week

Go to bed one hour earlier

Complete one Silver & Fit class on YMCA360

Wake up one hour earlier

Activities can be modified to suit your abilities



# RESET<< CHALLENGE

## BODY

Build your Healthy Habit and win prizes! From February 27–March 5, when you get a BINGO (5 in a row), enter to win the weekly \$50 Gift Card at this link: [bit.ly/3Gn4KuY](https://bit.ly/3Gn4KuY)

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Walk in place during the commercial breaks of your favorite TV show

Try one new healthy recipe from YMCA360

Read a new book

Try one new fruit or vegetable

Find a volunteer opportunity in your community

Declutter a space in your home

Visit the Y four or more times this week (in-person or online at YMCA360)

Complete three virtual fitness classes on YMCA360

Watch your favorite movie

Drink only water today

Visit a local park

Go the whole day without checking social media

**FREE  
SPACE!  
YOU  
ROCK!**

Perform three random acts of kindness

Write down three positive affirmations

Participate in a Chair Yoga class at the Y (in-person or online at YMCA360)

Grab a cup of coffee with a friend

Take a nap, you deserve it!

Participate in an aqua fitness class at the Y (in-person or online)

Drink some tea to relax & refresh your body

Find a new hobby that brings you joy

Take a bath to relax & recover

Prepare a healthy smoothie

Do a puzzle (crossword, Sudoku, jigsaw, etc.)

Write a kind note for a family member

Activities can be modified to suit your abilities