

BE

Healthy

THROUGH THE

Holidays!

Marshall Area YMCA



DATE	CHALLENGE	NOTES
December 1	1 Mile Run/Walk/Bike/Hike	
December 2	Get at least 10,000 Steps	
December 3	Try a Stretching Workout	
December 4	No Social media Day	
December 5	Try at New Healthy Recipe	
December 6	Plank 1 Minute	
December 7	Get 7+ Hours of Sleep	
December 8	Try a New Workout	
December 9	Declutter Your Closet	
December 10	Start a new workout playlist	
December 11	No Social Media Day	
December 12	Try at New Crockpot Meal	
December 13	Plank 1 Minute	
December 14	Drink 64 oz of Water	
December 15	1 Mile Run/Walk/Bike/Hike	
December 16	Get at least 10,000 Steps	
December 17	Try a Meditation/Yoga Workout	
December 18	No Social Media Day	
December 19	Try at New Breakfast Recipe	
December 20	Plank 1 Minute	
December 21	Call or Write a Loved One	
December 22	1 Mile Run/Walk/Bike/Hike	
December 23	Dance to your Songs.	
December 24	Try a Stretching Workout	
December 25	No Social Media Day	
December 26	Try at New Lunch Recipe	
December 27	Plank 1 Minute	
December 28	Practice relaxation/meditation	
December 29	1 Mile Run/Walk/Bike/Hike	
December 30	Get at least 10,000 Steps	
December 31	Set A Healthy Habit Goal 2024	

