



Challenge Timeline

FREE 6-WEEK TRANSFORMATION

Week 1: Goals/November 16 – 22

- ✓ Set week 1 fitness goals, list them on your tracking sheet and check in with your accountability partner.
- ✓ Check off each goal you and your family accomplishes.
- ✓ Share your experience in the Strong Challenge Facebook Group (use #YofCVSTRONG)
- ✓ Take a Strong Challenge Class on Tuesdays or Thursdays @ 6:30pm at The Hickory YMCA

Week 2: Balance/November 23 – 29

- ✓ Set week 2 fitness goals, list them on your tracking sheet and check in with your accountability partner.
- ✓ This week, along with your weekly fitness goals, schedule time for your spirit, mind and body. Try for more balance during this Thanksgiving week.
- ✓ Share your experience in the Strong Challenge Facebook Group (use #YofCVSTRONG).

Week 3: Play/November 30 – December 6

- ✓ Set week 3 fitness goals, list them on your tracking sheet, and check in with your accountability partner.
- ✓ Add two tall servings of fun. We were made to smile, laugh and joke. Rediscovering your joy will add to your foundation of strength. You were made to PLAY!
- ✓ Share your experience in the Strong Challenge Facebook Group (use #YofCVSTRONG).

Week 4: Connect /December 7– December 13

- ✓ Set week 4 fitness goals, list them on your tracking sheet, and check in with your accountability partner.
- ✓ This week, you will be challenged to add two activities that connect you to family, friends, your faith or nature. Staying connected and grounded through all of life's challenges will help you feel STRONG. Pick up a free 7 day guest pass and connect someone who hasn't been to the YMCA.
- ✓ Share your experience in the Strong Challenge Facebook Group (use #YofCVSTRONG).

Week 5: Serve /December 14– December 20

- ✓ Set week 4 fitness goals, list them on your tracking sheet, and check in with your accountability partner.
- ✓ This week, along with your fitness goals, prioritize the needs of others. Help serve others by donating blood during the YMCA's blood drive on December 14th.
- ✓ Share your experience in the Strong Challenge Facebook Group (use #YofCVSTRONG).

Week: Rest /December 21– December 25

- ✓ Set week 6 fitness goals, list them on your tracking sheet, and check in with your accountability partner.
- ✓ This week, we will add to our fitness goals, two ten-minute (or more) helpings of meditation/prayer and one day of complete rest to reclaim our health. Find time for power naps, sleeping in, quieting our minds. Mark you're tracking sheet in places where you will REST.
- ✓ Take time to celebrate all you have accomplished during the past six weeks.
- ✓ Share your accomplishments in the Strong Challenge Facebook Group (use #YofCVSTRONG).