



The 2022 YMCA Corporate Cup Health challenge is an event in which anyone can participate. Over the next four weeks (August 29-September 23) you will be taking on the challenge set for each day. On the days that you have the “SWAP” option, you can pick an elective to do instead of the activity of the day. You can only “SWAP” on those days and use each elective once. Write the elective number you chose in that box “SWAP” and cross off the list to not repeat it. On the Saturday boxes for the ACTIVE REST DAY you will select an elective on the list. Like the SWAP days you can only use the electives once and put the number in the box. Highlight the box for every day you complete successfully. Every completed day is worth one point. Tally your points on page 2. Each company will provide YMCA total points accumulated by each individual from their company, points go toward an overall total for the team. **YOU GOT THIS!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SET YOUR GOAL TODAY	Aug 29 No fast food OR SWAP with an Elective	Aug 30 10 minute stretch before breakfast	Aug 31 Do an activity with your family	Sept 1 Stand for at least 5 minutes every hour while at work	Sept 2 Start a gratitude or health journal	Sept 3 Active Rest Day
Sept 4 Rest Day	Sept 5 No sugary snack or treats after 3:00PM	Sept 6 Take a new fitness class OR SWAP with an Elective	Sept 7 Walk after dinner with a family member or friend	Sept 8 Take stairs or walk a longer route at work	Sept 9 Meditate for 10 minutes before bed	Sept 10 Active Rest Day
Sept 11 Rest Day	Sept 12 Eat more vegetables and lean proteins	Sept 13 During favorite T.V. program at commercials do squats	Sept 14 Spend some quality time with a loved one OR SWAP with an Elective	Sept 15 Walk for 15 minutes during your lunch break	Sept 16 Leave work at work	Sept 17 Active Rest Day
Sept 18 Rest Day	Sept 19 No calorie intake after 8PM	Sept 20 Exercise 3 times a week	Sept 21 Play with kids or family or pets	Sept 22 Drink only water at work OR SWAP with an Elective	Sept 23 Reflect on goal and priorities	

YMCA of Pueblo

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ELECTIVES

1. Dance to music.
2. Do yard work.
3. Keep a pair of comfortable walking or running shoes in your car and office and USE THEM!
4. Bicycle to store instead of driving.
5. Choose fruit for dessert.
6. Ask a friend to exercise with you at YMCA.
7. Drink 100% fruit juices instead of soda or sugary drink.
8. Drink at least half your body weight in ounces of water today.
9. Instead of eating out make a healthy meal at home.
10. Eat food portions smaller than your fist.
11. Buy a set of hand weights and play a round of "Simon Says" with your kids – you do everything with the weights and kids do non-weighted.
12. Park further from destination and walk.
13. Take a fitness class (land or water) at the Y.
14. Swim for 30 minutes.
15. Walk instead of driving to a meeting or appointment.
16. Get 8-9 hours of sleep tonight.

Name: _____

Company: _____

Email: _____

Total Points: _____