## STRONGER TOGETHER

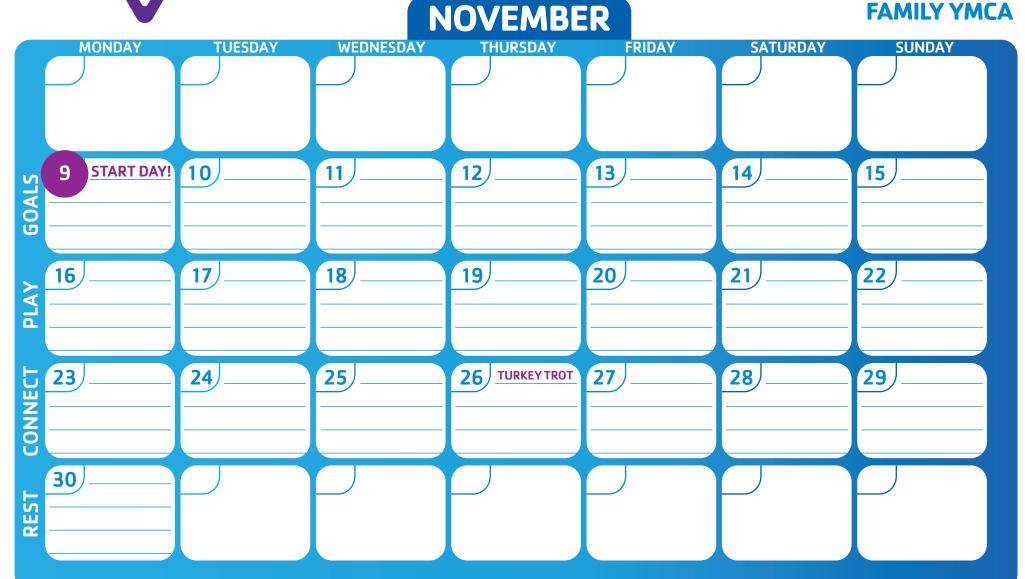
PARTICIPANT'S NAME: (PRIMARY HOUSEHOLD FOR FAMILIES)

Set weekly fitness goals + additional weekly themed challenges and list on tracking sheet. Check off each goal you & your family accomplishes. Share your experience in the Strong Challenge Facebook Group (use #FDLYMCASTRONGCHALLENGE).

FOND DU LAC FAMILY YMCA

MG

the



## STRONGER TOGETHER

PARTICIPANT'S NAME: (PRIMARY HOUSEHOLD FOR FAMILIES)

Set weekly fitness goals + additional weekly themed challenges and list on tracking sheet. Check off each goal you & your family accomplishes. Share your experience in the Strong Challenge Facebook Group (use #FDLYMCASTRONGCHALLENGE).



FOND DU LAC FAMILY YMCA

## DECEMBER WEDNESDAY MONDAY TUESDAY THURSDAY **FRIDAY** SATURDAY **SUNDAY** 1 2 3 5 6 4 ES $\overline{\boldsymbol{\alpha}}$ 8 9 10 11 12 13 7 ERVE S PURPOSE YOU DID IT! 14 15 16 17 18 19 20

## EVERY PARTICIPANT WHO FINISHES THE 6-WEEK CHALLENGE WILL HAVE A CHANCE AT WINNING OUR STRONG CHALLENGE GRAND PRIZE.

The Grand Prize winner must provide a completed tracking sheet in order to claim the Grand Prize. Grand Prize drawing will take place on Monday, December 21st and winner will be notified via phone.