



The Strong Challenge

FOND DU LAC FAMILY YMCA

fdlymca.org

CHALLENGE TIMELINE

WEEK 1: GOALS / NOVEMBER 9-15

- ✓ Set week 1 fitness goals & list on tracking sheet.
- ✓ Check off each goal you & your family accomplishes.
- ✓ Share your experience in the Strong Challenge Facebook Group (use #FDLYMCASTRONGCHALLENGE).

WEEK 2: PLAY / NOVEMBER 16-22

- ✓ Set week 2 fitness goals & list on tracking sheet.
- ✓ Add two tall servings of fun to tracking sheet. 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 #FDLYMCASTRONGCHALLENGE).



WEEK 3: CONNECT / NOVEMBER 23-29

- ✓ Set week 3 fitness goals & list on tracking sheet.
- ✓ This week, you will be challenged to go deeper mentally and spiritually in the Challenge by connecting to others. Add two Strong activities to the tracking sheet this week that will help you connect with your family or others.
- ✓ Share your experience in the Strong Challenge Facebook Group (use #FDLYMCASTRONGCHALLENGE).

WEEK 4: REST / NOVEMBER 30-DECEMBER 6

- ✓ Set week 4 fitness goals & list on tracking sheet.
- ✓ 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 your tracking sheet in places where you will REST.
- ✓ Share your experience in the Strong Challenge Facebook Group (use #FDLYMCASTRONGCHALLENGE).

WEEK 5: SERVE / DECEMBER 7-14

- ✓ Set week 5 fitness goals & list on tracking sheet.
- ✓ This week, along with your weekly goals, open up a can of loving others. You will be transformed--- this is how STRONG works. Prioritize the needs of others, reach for our best things to give, and carve out time to serve, & we will discover the transformational rewards that come only from practicing heroic love.
- ✓ Share your experience in the Strong Challenge Facebook Group (use #FDLYMCASTRONGCHALLENGE).

WEEK 6: CELEBRATE / DECEMBER 15-20

- ✓ Set week 6 fitness goals & list on tracking sheet.
- ✓ This week, along with your weekly fitness goals, take some time to celebrate all that you have accomplished this week. Find two ways to reward yourself and celebrate!
- ✓ Share your experience in the Strong Challenge Facebook Group (use #FDLYMCASTRONGCHALLENGE).

Strong Challenge Activity ideas for each week can be found at
fdlymca.org/strongchallenge