

New Year, New You Challenge!

You choose the goal and the prize! That's right, you pick the goal and if you accomplish your goal by the end of the program, you will receive the prize you want! Make sure when choosing a goal, you choose an S.M.A.R.T. goal!

Specific- Don't just say 'I want to eat healthier' or 'I want to lose weight'...instead choose a specific goal like 'limit pop to once a week' or 'lose 10 pounds.'

Measurable- Make sure the goal you choose is measurable, you can gage weight loss and you can track how many sodas you have in a week.

Attainable- Can your goal be accomplished for you individually? You might want to train for a 10k, but if you have 2 knee replacements, maybe that goal isn't attainable within a particular time period.

Realistic- Make sure your goal is realistic, you know that if you set your might to it, you can buckle down and do it!

Timely- There should always be a timeframe in which to complete a goal, this time we all have till March 31st to finish!

Turn page over for more information about this challenge.

Here are a few goal ideas, but you are more than welcome to come up with your own goal that is going to benefit you physically:

- Lose _____ pounds. Remember, a good weight loss is 1-2 pounds a week, so don't overestimate or underestimate your goal weight loss.
Starting weight: _____
 - Workout 5 times a week.
 - Consume 7 servings of fruits and vegetables a day.
 - Limit processed foods to 3 times a week or less.
 - Swim 1 miles, 3 times a week.
 - Walk 30-60 minutes every day.
 - Limit fried foods to once a month.
 - Other: _____
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In order to successfully complete this challenge, you will need to do the following:

1. **Choose an appropriate goal.** You can pick one that we have listed for you, or you can come up with your own!
2. **Select which prize** you would like to have when you complete the challenge.
3. **Sign up** at the Courtesy Desk. Cost is \$15 Non-members, \$10 Members, and \$8 Health Center members.
4. **Track progress.** If your goal is to lose weight, then you will need to fill in your current weight on your entry form, along with how much weight you would like to lose by March 31st. If your goal is to walk everyday, swim 3 times a week, etc. then keep an exercise log tracking your exercise from now, till March 31st!
5. **Work hard, and stay motivated.** Some days and some weeks seem easier than others, but true body change and good habits takes time! We will be sending out motivational emails to help encourage you along the way so check your email account and make sure the emails are not being sent to spam. Also, stay plugged into the Health & Wellness Miami County YMCA Facebook page!
6. **Task competed.** After March 31st, you will have till April 7th to submit your results. If you signed up in Piqua, then submit your logs and/or final weight to the Piqua Courtesy Desk or via email to h.cancino@miamicountyymca.net. If you signed up at Robinson, then submit your logs and/or final weight to the Robinson Courtesy Desk or via email to k.harpest@miamicountyymca.net.

Questions? Contact Kaci Harpest at 440.9622 or k.harpest@miamicountyymca.net.
Or Heather Cancino at 773.9622 or h.cancino@miamicountyymca.net.

New Year, New You!

Name: _____

Email: _____

Prize (circle 1): Tote bag Fitness Towel T-shirt (size_____)

Reusable shopping bag Drawstring backpack

Signature: _____ Date: _____

Please return the lower portion of this page to the courtesy desk upon registration.

**Your goal should be checked off or written in on the reverse portion of this page.