



Take Back 2020 WELLNESS CHALLENGE

Wilkes-Barre Family YMCA

It's been said, December is the new January. We say Decemeber is now the reset!
We want to reset 2020. We want to take it back. Join us and let's end this year in the way we want to start 2021. Share with your famiky, friends and neighbors and let's get our entire community moving, healthy and strong!

Visit wbymca.org/takeback2020 for full details and challenge rules

SUN	MON	TUE	WED	THU	FRI	SAT
Dec 13	Dec 14	Dec 15	Dec 16	Dec 17	Dec 18	Dec 19
MEDALIST WEEK: Get moving 5 times for at least 20 minutes in 7 days						
Dec 20	Dec 21	Dec 22	Dec 23	Dec 24	Dec 25	Dec 26
CHALLENGER WEEK: Get moving 5 times for at least 30 minutes in 7 days						
Dec 27	Dec 28	Dec 29	Dec 30	Dec 31	Jan 1	Jan 2
CHAMPION WEEK: Get moving 4 times for at least 45 minutes in 7 days						