



# DON'T LET THE HOLIDAYS WEIGH YOU DOWN.

The holidays have the potential to threaten your efforts towards a healthy lifestyle, but the Y supports you in challenging yourself to stay on track during this season. The goal is to find ways to exercise at least 4 times per week for the next 6 weeks, with an additional goal to maintain or lose weight.

- Record ALL daily workouts (max of 4 workouts will be counted weekly)

With a max of 4 workouts, here is the award breakdown:

- 24 Total Workouts**  
Long sleeve T-shirt
- Maintain/Lose Weight**  
YMCA Coffee Mug

**\*You must register to qualify for awards**

- Return this completed tracker to the Front Desk by Friday, January 11

**DID YOU KNOW?** 150 minutes a week of physical activity can help reduce your risk for type 2 diabetes and heart disease.



## Week 1: Nov.23 -Nov.29

Type(s) of Exercise	Weigh-in (Circle One) ↑ = ↓
Mo	
Tu	
We	
Th	
Fr	
Sa	
Su	
Total (max 4 workouts)	

## Week 2: Nov. 30 - Dec. 6

Type(s) of Exercise	AT HOME WORKOUT OF THE WEEK
Mo	
Tu	
We	
Th	
Fr	
Sa	
Su	
Total (max 4 workouts)	

## Week 3: Dec. 7 - Dec. 13

Type(s) of Exercise	AT HOME WORKOUT OF THE WEEK
Mo	
Tu	
We	
Th	
Fr	
Sa	
Su	
Total (max 4 workouts)	

## Week 4: Dec. 14 - Dec. 20

Type(s) of Exercise	AT HOME WORKOUT OF THE WEEK
Mo	
Tu	
We	
Th	
Fr	
Sa	
Su	
Total (max 4 workouts)	

## Week 5: Dec. 21 - Dec. 27

Type(s) of Exercise	AT HOME WORKOUT OF THE WEEK
Mo	
Tu	
We	
Th	
Fr	
Sa	
Su	
Total (max 4 workouts)	

## Week 6: Dec. 28 - Jan. 4

Type(s) of Exercise	Weigh-in (Circle One) ↑ = ↓
Mo	
Tu	
We	
Th	
Fr	
Sa	
Su	
Total (max 4 workouts)	

\*Weigh-in key: ↑ Gained = Maintained ↓ Lost

\*Needing to make up for missing workouts? Join us at the West Side Y on Sat. Jan 9th at 11 AM for the Arctic Plunge! You can make up for a max of 4 workouts missed. For more information check out our website at [ymcaknoxville.org](http://ymcaknoxville.org)