

Decemburr Habits for the Holidays

BINGO

GET 10,000 STEPS 5 DAYS THIS WEEK	LISTEN TO CHISTMAS MUSIC	SPEND 10 MINUTES IN QUIET MEDITATION OR PRAYER 2X A WEEK	TRY A NEW HOLIDAY RECIPE	PARTICIPATE IN A FOOD DRIVE
DRIVE AROUND TO SEE CHIRSTMAS LIGHTS	TAKE THE STAIRS INSTEAD OF THE ELEVATOR WHENEVER POSSIBLE	ATTEND A POP UP CLASS	JOURNAL FIVE THINGS YOU ARE GRATEFUL FOR	HAVE A GAME NIGHT WITH FAMILY OR FRIENDS
WATCH YOUR FAVORITE CHISTMAS MOVIE	DRINK ONLY WATER TODAY	FREE	EAT 1 CUP OF FRUITS AND/OR VEGETABLES FOR 4 MEALS THIS WEEK	2.5 MILES ON OUR WALKING TRACK (18 LAPS)
TAKE FIVE 15-MINUTE SCREEN-FREE 'QUIET BREAKS' THIS WEEK.	TRY A YOGA CLASS ON THE YMCA360 APP	SAY "HI" TO SOMEONE NEW AT THE YMCA YOU HAVE NOT MET BEFORE	PREPARE A HEALTHY SMOOTHIE	TRY A GUIDED MEDITATION THREE TIMES THIS WEEK AT YMCA360
TELL 5 PEOPLE YOU APPRECIATE THEM	PERFORM TWO RANDOM ACTS OF KINDNESS	GET 8 HOURS OF SLEEP TWO DAYS THIS WEEK	TRY A LIVE CLASS ON THE YMCA360 APP	LEARN A NEW SILLY JOKE AND TELL IT TO YOUR FRIENDS

This card is for : December 13-31st

Please put your name and contact info on the back of this sheet before you turn it in to the Membership Desk.