



## 2026 YMCA Resolution Solution

### January 1 – February 28

**Name:** \_\_\_\_\_

**E-Mail:** \_\_\_\_\_

Organize something! (Your room, your clothes, your car, etc.)	Spend 20 minutes outdoors for 3 days within the period of one week	Make your own challenge _____ _____	Visit the Y at least 15 times during the challenge	Spend at least 10 minutes on our website to find out more about the Y	Compliment someone today	Follow us on social media @YMCABR or like one of our posts
Make a healthy change to your nutrition for one week	Wear a YMCA shirt to the Y	Work out for 3 days in a one-week period	Check your blood pressure (we can check it for you)	Engage in 30 min. of exercise with a friend, neighbor or relative	Try 3 free weight exercises	Attend a group exercise class or complete a virtual class on Y360
Come up with 5 personal goals for this year	Introduce yourself to a Y member that you don't know	Give us a review on Google/Yelp/Facebook	Try a new, healthy recipe	Sign up to participate in an app challenge	Complete a task you've been putting off	Complete any cardio workout for 30 minutes
Drink 6 to 8 glasses of water every day for one week	Get at least 7 - 9 hours of sleep each night for one week	Cardio circuit: 10 minutes on 3 different machines	<b>FREE SPACE</b>	SWAP BOX: Place a challenge from any square here and complete	Friend Day! Bring a guest, for free, to the YMCA	Learn something new about a topic that interest you
Complete 30 min of exercise for 4 days in one week	Take a tour of another YMCA location or watch the virtual tour online	Donate to the YMCA Annual Support Campaign: \$5 or more	Introduce yourself to a YMCA staff member	Limit screentime for one week	Try a new exercise with a friend	Refer a friend to join the Y: Referred member: _____
Make your own challenge _____ _____	Read our current newsletter (on the website, at the bottom)	Work out on a Friday	Call a family member or friend you haven't talked to in a while	Meditate for 10 minutes and reflect on what you are grateful for	Find more information about or Sign up for a free Fit Path appointment	Eat more veggies (1 extra serving per day) for one week
Explore the features of the "YMCA of the Capital Area" App	Visit the Y during a different time/day than usual	Complete stretching exercises every morning for one week	Walk or bike 3 miles (can be completed in 1-mile increments)	Complete a random act of kindness	Decide your word of the year _____	Find us on YouTube and watch one of our videos @ymcabr

### Prizes: Bingo, X and Blackout

**Bingo** – T-shirt (bingo up/down, across, or diagonal)

**X:** Waterproof Dry Bag (must create an additional bingo if your first bingo was part of the "x")

**Blackout:** Y mug with built in speaker (must complete all squares)

\* blackout must be validated for completion before prize is awarded\*

**\*May only complete one square per day, one of each prize per person\***