



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

21 Day Wellness Challenge in 2021

- 1. You must register to participate; registration is open January 8 through January 25.**
- 2. Challenge runs January 18, 2021 – February 6, 2021.**
- 3. All ages can participate.**
- 4. The goal of the program is to complete as many daily missions within each dimension of wellness as possible. As you go through the program, you might notice you're stronger in some dimensions than others. We encourage you to try to get out of your comfort zone and explore all dimensions.**
- 5. There are 17 daily missions to choose from (i.e. Do something kind for a stranger, Like the YMCA Facebook page, drink 8 glasses of water, and No electronics at dinner time).**
- 6. Logs will be provided in the Family YMCA of N/W IL lobby for you to track your progress as you complete missions. **Log sheets need to be turned in each week.***
- 7. You will receive exactly one point for every mission completed within a day's time. Missions can be completed multiple times throughout the challenge. For example, if the challenge is to read 20+ minutes, you must read at least 20 minutes within the day in order for the point to count. If you read for 40 minutes in one day, you still earn exactly 1 point.**
- 8. This program is based on the honor system, but we ask that you not vary the challenges from how they're listed.**
- 9. There is no limit on how many missions you can complete each day. There are 17 missions, so the most points you can earn in one day is 17 points.**
- 10. Missions do not have to take place at the Y. Because of this, you might not update your log sheet daily. Please ensure the log sheet for the previous week is updated by Monday (i.e. Missions completed during week 1 must be logged by Monday of week 2).**
- 11. Points cannot be called in over the phone or emailed.**
- 12. There are no minimum weekly requirements. We encourage you to accumulate as many points as possible, but there are no minimum restrictions that could remove you from the program.**

Family YMCA of NW IL
2998 W. Pearl City Rd.
Freeport, IL 61032
P 815 235 9622 F 815 232 2197 W freeportymca.org



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Prizes awarded at the end of the of the 21 day challenge for total points accumulated.

50 points = YMCA free guest pass

100 points = YMCA Water Bottle

150 points = YMCA Sport Towel

200 points = YMCA wellness t-shirt

Participants who accumulate 300 or more points over the course of the program will also be entered into a drawing to win a free 3 month membership to the Y.

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