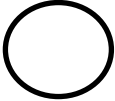
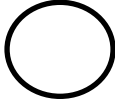
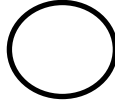
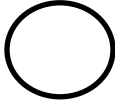
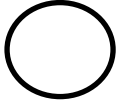
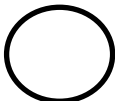
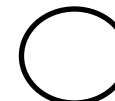
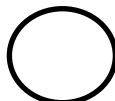
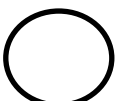
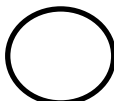
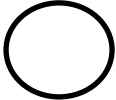
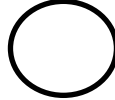
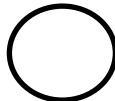
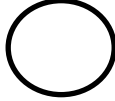
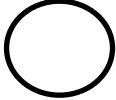
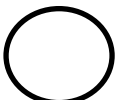
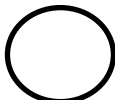
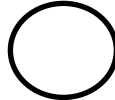
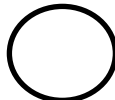
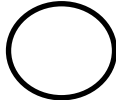
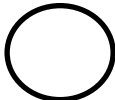
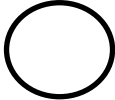
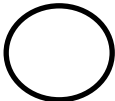
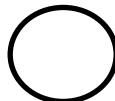
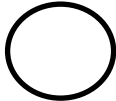




FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

F	I	T	G	O
 Drink Water as your only fluid intake for one day	 Bring a Guest to the Y	 Complete 30 minutes of cardiovascular exercise in one day	 Donate an approved non-perishable item to our Nutrition Department	 Complete a small group training class like Boot Camp or WOW or take a group exercise class Staff Initial: _____
 Volunteer for 1hr or more at any organization	 Participate in a Mind-Body exercise class	 Post a picture of yourself doing your favorite activity at the Y. (#FITGO & #YMCAWNC)	 Eat fresh fruit with your breakfast	 Visit a Y that you never have been to. Staff Initial: _____
 Complete a coaching connection or personal training appointment Staff Initial: _____	 Spend 5 minutes picking up litter in our community	 FREE	 Get 8 hours or more sleep for 3 days	 Complete a food journal for one day (see back side of sheet)
 Do an act of kindness for a stranger	 No soda for 3 days	 Learn about one program you are unaware of that is supported by our annual campaign	 Complete a strength training workout	 Participate in an outdoor activity
 Stretch for 15 minutes	 Work out with a friend Staff Initial: _____	 No fast food for 3 days	 Share with a Y staff person why you love the Y Staff Initial: _____	 Introduce yourself to three Y members you don't know

FITGO Guidelines:

- Objective: Check the circles off in each activity square you complete. Complete 5 activities to form a row, column or diagonal and get a prize.
- Challenge will start on August 17 and run thru August 31.
- Tasks can be completed at any center or in the community unless otherwise specified.
- Show your FITGO card when completed at the member services desk. A completed row, column, diagonal, or the whole board will make you eligible to win a prize (one prize per person). Complete the full board and you are entered for a chance to win one free jump-start personal training package.
- See Membership Representative or Healthy Living Coach with any questions.

Fill out the Food Journal below to complete the Food Journal square on your FITGO card:

Time of Day	Type of Food	Type of Drink	Estimate Amount in Cups/Ounces

Approved non-perishable items to our Nutrition Department:

- Canned Vegetables
- Brown Rice
- Dried Beans
- Canned Beans
- Canned Chicken/Tuna (preferably canned in water, not broth)
- Whole grain pasta

YMCA of WNC Nutrition Department follows the guidelines below:

- No trans fats
- No more than 8 grams of added sugar per serving
- Sugar is not one of the first 3 ingredients
- All of our grains are whole grains