



OTTUMWA FAMILY YMCA

I Heart Fitness Challenge Point Chart

| | Visit to Y | Y Activity | Outside Y Activity | HYDRATE! Drink 8 - 8oz Glasses of Water Per Day | Eat @ Subway | SIGN UP 4 LEAP DAY 5/10K | DAILY TOTAL |
|--|-------------|------------|--------------------|--|-----------------|--------------------------------|-------------|
| Point Values | 100 | 50 | 20 | 5 per 8oz. | 20 | 400 | |
| EXAMPLE | Card Scaned | Yoga Class | Walked Dog | Drank 24 oz. = 15 points | Lunch | Registered | 605 points! |
| Sat-Feb-1 | | | | | | | |
| Sun-Feb-2 | | | | | | | |
| Mon-Feb-3 | | | | | | | |
| Tue-Feb-4 | | | | | | | |
| Wed-Feb-5 | | | | | | | |
| Thu-Feb-6 | | | | | | | |
| Fri-Feb-7 | | | | | | | |
| Sat-Feb-8 | | | | | | | |
| Sun-Feb-9 | | | | | | | |
| Mon-Feb-10 | | | | | | | |
| Tue-Feb-11 | | | | | | | |
| Wed-Feb-12 | | | | | | | |
| Thu-Feb-13 | | | | | | | |
| Fri-Feb-14 | | | | | | | |
| Sat-Feb-15 | | | | | | | |
| Sun-Feb-16 | | | | | | | |
| Mon-Feb-17 | | | | | | | |
| Tue-Feb-18 | | | | | | | |
| Wed-Feb-19 | | | | | | | |
| Thu-Feb-20 | | | | | | | |
| Fri-Feb-21 | | | | | | | |
| Sat-Feb-22 | | | | | | | |
| Sun-Feb-23 | | | | | | | |
| Mon-Feb-24 | | | | | | | |
| Tue-Feb-25 | | | | | | | |
| Wed-Feb-26 | | | | | | | |
| Thu-Feb-27 | | | | | | | |
| Fri-Feb-28 | | | | | | | |
| Sat-Feb-29 | | | | | | | |
| SubTotal Points | | | | | | | |
| BONUS POINTS! Already a Full Facility YMCA Member | | | | | | | +200 |
| GRAND TOTAL POINTS | | | | | | | |

Did you get 2,020 points or more? Turn in this sheet to the Ottumwa YMCA by March 4th to be entered in the GRAND PRIZE DRAWINGS!

FULL NAME: _____ **PHONE #:** _____