

WEEKLY MINI CHALLENGE SCHEDULE



April 13–19: 100 Hoops Challenge

- Attempt **100 baskets** this week and see how many you can make!
- Drawing Prize: YMCA Youth-sized Basketball and Drawstring Bag

April 20–26: 100 Minute Move Challenge

- Complete **100 minutes of walking/running** this week in conjunction with National Move More Month.
- Drawing Prize: Lap Counter, YMCA Water Bottle, and YMCA Pet Bag Dispenser

April 27–May 3: 100 Minute Story Time Challenge

- Track **100 minutes of reading** this week. (Can be for yourself or reading to someone.)
- Drawing Prize: \$25 Gift Card to a Local Bookstore

May 4–10: Pause & Reflect 100 Challenge

- In honor of the National Day of Prayer on May 7th, **complete 100 minutes of reflection** or spend some time reading the spiritual vitamins (click [HERE](#) for a link.)
- Drawing Prize: "RE:New" Book and YMCA Mug

May 11–17: 100 Reps Challenge

- Complete **100 jumping jacks, push-ups, squats, or bicep curls** this week.
- Drawing Prize: YMCA Yoga Mat and Exercise Bands

May 18–24: 100 Minute Journaling Challenge

- In honor of Mental Health Awareness Month, **spend 100 minutes journaling** this week.
- Drawing Prize: Journaling Bundle

May 25–31: Create Your 100 Challenge

- Build something with **100 Lego pieces** or put together **100 pieces of a puzzle**. Can be done in the Y's Lounge or at home.
- Drawing Prize: Puzzle Package

June 1–7: Real Moments, 100 Minutes Challenge

- Enjoy **100 minutes of personal connection time** with someone in your life. (Screen free)
- Drawing Prize: Two Guest Passes and a \$25 Program Credit

June 8–14: 100 Words, One Community Challenge

- Do our **100-word word-search** this week featuring words about the YMCA.
- Drawing Prize: Two word-search books and a handmade gift from Special Programs Participants.

June 15–21: Pedal & Splash 100 Challenge

- Log **100 minutes of cycling or swimming** this week. (Indoor or outdoor counts)
- Drawing Prize: YMCA Beach Towel and Sunglasses

