



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

eliminating racism  
empowering women  
**ywca**

# BURN THRU THE HOLIDAYS 150TH CHALLENGE - WEEKLY SCORE CARD

Simply check the box after completing the task, to earn the assigned points. At the end of each week turn your score card into any wellness staff to get entered into our Holiday Health Basket Give-A-Way. You must complete a different score card each week - EVERY 150 POINTS EARNED COUNTS AS ONE ENTRY  
(example: 300 points in 1 week = two entries into our give-a-way)

### PTS CARDIO

- 30 Group Exercise Class
- 20 Elliptical machine for 30 minutes
- 20 Run for 20 minutes
- 20 Burpees (1 min on - 1 min off) for 5 rounds
- 20 Racquetball for 45 minute
- 20 Stationary bike or Nustep bike for 30 minutes
- 20 Stair Climber or Step machine for 30 minutes
- 20 Swimming for 30 minutes
- 20 Basketball for 45 minutes
- 20 Row cardio machine for 30 minutes
- 15 Walk for thirty minutes
- 15 Treadmill on high incline for 10 minutes
- 15 Jump Rope (1 min on - 1 min off) for 8 rounds
- 15 Squat Jumps (1 min on - 1 min off) for 5 rounds
- 15 Jumping jacks (1 min on - 1 min off) for 8 rounds
- 15 Pickle ball for 45 minutes

### PTS STRENGTH

- 30 CXWROX class
- 30 Body Pump Class
- 30 Upper and Lower body conditioning class
- 20 Box jumps or step-ups for (1 min on - 1 min off) for 3 rounds
- 15 Walk one mile holding light weights
- 15 Push-ups (1 min on - 1 min off) for 3 rounds
- 15 Lunges with weight (3 sets of 10) - each leg
- 15 Bench Press with weight (3 sets of 10)
- 15 Leg Hamstring Curls with weight (3 sets of 10)
- 15 Wall sit (1 min on - 1 min off) for 3 rounds
- 15 Shoulder press with weight (3 sets of 10)
- 15 Leg Quadriceps extension with weight (3 sets of 10)
- 10 Hold a plank for 2 minutes
- 10 Choose 3 of the White Hydraulic machines for 1 minute each
- 10 Full sit-ups (50 total)
- 10 Weighted Calf Raises (3 sets of 10)

### PTS STRETCHING

- 5 Quad stretch for 1 minute
- 5 Hamstring stretch for 1 minute
- 5 Calf stretch for 1 minute
- 5 Torso twist stretch for 1 minute
- 15 Dynamic warm-up before workout for 5+ minutes
- 5 Butterfly leg stretch for 1 minute
- 5 Hip flexor stretch for 1 minute
- 5 Head tilt side-to-side for 1 minute
- 5 Back stretch for 1 minute
- 5 Shoulder stretch for 1 minute
- 5 Abdonimcal stretch for 1 minute
- 5 Glute stretch for 1 minute

### PTS NUTRITION/HYDRATION

- 25 Made weekly recipe
- 20 Drank half your body weight in ounces of water on Monday
- 20 Drank half your body weight in ounces of water on Tuesday
- 20 Drank half your body weight in ounces of water on Wednesday
- 20 Drank half your body weight in ounces of water on Thursday
- 20 Drank half your body weight in ounces of water on Friday
- 20 Drank half your body weight in ounces of water on Saturday
- 20 Drank half your body weight in ounces of water on Sunday
- 15 Ate protein within one hour after your workout
- 5 Fresh fruit for a snack
- 5 Fresh veggies for a snack
- 5 Protein for a snack

### PTS SLEEP/STRESS MANAGEMENT

- 20 Sleep 6-8 hours uninterrupted
- 10 Meditate for 5 minutes on Monday
- 10 Meditate for 5 minutes on Tuesday
- 10 Meditate for 5 minutes on Wednesday
- 10 Meditate for 5 minutes on Thursday
- 10 Meditate for 5 minutes on Friday
- 10 Meditate for 5 minutes on Saturday
- 10 Meditate for 5 minutes on Sunday

### PTS BONUS POINTS

- 20 Try a new group exercise class you have never tried
- 15 Family Dinner with no TV or electronics on
- 15 Do different ab workouts during the commercials on TV
- 10 Activity with your kids/grandkids/partner
- 10 Go for a walk outside (bring your pet with you!!)

**TOTAL POINTS FOR THE WEEK**

NAME: \_\_\_\_\_

\*\*You can only check each box once per week \*\*