

2025 CORPORATE CUP HEALTH CHALLENGE

The 2025 YMCA Corporate Cup Health challenge is an event in which anyone can participate. Over a 3-week period, you will be taking on the challenge set for each day. These challenges might not all be physical, but the goal of this challenge is to bring all areas of wellness together.

Happy Health Challenge!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
August 31 st Set your goals!	September 1 st Take a walk after each meal.	2 Eat 4–5 servings of vegetables.	3 Mindful meals: No phones or TV while you eat all three meals.	4 Plank and thank: One minute plank while you list 3 things you’re thankful for.	5 Compliment challenge: Give one genuine compliment to a stranger today.	6 Try a new healthy recipe.
7 Rest Day	8 No caffeine after 12PM.	9 Squat every hour: 10 squats an hour for your entire workday.	10 Lunchtime lap: Walk 1 mile on your lunch break.	11 Stretch and hydrate: Every time you drink water stretch for 30 seconds.	12 Water wars: Track who drinks the most water on your team today.	13 Add a color: Have at least 3 different colors of food on your plate.
14 Rest Day	15 Step it up: Hit 10,000 steps before 5PM.	16 No sugar day: Avoid any additional sugar today.	17 Wall sit Wednesday: (3) one minute wall sits throughout your day.	18 Positive post it: Leave someone a positive note today.	19 No caffeine after 12PM.	20 Water day: Water only – all day.
21 Rest and Reflect: Reflect on how this month has gone and how you can grow in the future.	22	23	24	25	26	27
28	29	30				