

2023 CORPORATE CUP HEALTH CHALLENGE



The 2023 YMCA Corporate Cup Health challenge is an event in which anyone can participate. Over a 4-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.

Each Saturday is an Elective Day, meaning you can choose any of the electives on page 2 to complete that day. For August 27 and September 23 (start and finish days) journal your goals and if you achieved them. Include gratitudes for each day and be positive towards YOU. Mark the box for every day you complete successfully. Every completed day is worth one point. Tally your points on page 2. Each company will provide YMCA total points accumulated by each individual from their company, points go toward an overall total for the team. Happy Health Challenge!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 27 Reflection Challenge: Set YOUR Goal	August 28 Meatless Monday	August 29 10 Pushups in the Morning & Before Bed	August 30 Meditate for 3 Minutes	August 31 Take a 15 Minute Walk	September 1 Drink 2 Liters of Water	September 2 Elective Day
September 3 Rest Day	September 4 Eat Vegetables with Every Meal	September 5 Read for 15 Minutes Before Bed	September 6 Complete One Random Act of Kindness	September 7 Focus on Posture: Switch Sitting Positions, Take Brief Walks at Work, etc...	September 8 Fast After 5:00pm	September 9 Elective Day
September 10 Rest Day	September 11 Create a Healthy Dessert Item	September 12 Morning/Evening Yoga	September 13 Focus on Posture: Switch Sitting Positions	September 14 Complete a 15 Minute Bodyweight Workout	September 15 Drink 2 Liters of Water	September 16 Elective Day
September 17 Rest Day	September 18 No Caffeine After 1:00pm	September 19 10 Jumping Jacks in the Morning & Before Bed	September 20 Body Image Challenge: Take the Day to Appreciate Your Body	September 21 Park in the Back of the Parking Lot	September 22 Fast After 5:00pm	September 23 Reflection Challenge: Reflect on this Month

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Electives

- 10 Pushups (on knees or toes)
- 10 Jumping Jacks in the Morning and Before Bed
- 10 Burpees
- Complete a 1 Minute Plank
- Take a Post Dinner Walk
- Get 7-8 Hours of Sleep
- Introduce Someone to the Health Challenge
- Take a Nature Walk
- Mindful Eating (Pay Attention to the Purpose of All Food)
- Have a 10,000 Step Day

Name: _____

Company: _____

Email: _____

Total Points _____