

# 2021



## 21 DAY CHALLENGE

Each day, starting on January 5, track your fitness activities. Visit the Fitness Center for at least 21 minutes, go to [www.ryeymca.org/zoom](http://www.ryeymca.org/zoom) and participate in our special 21 day, 21 minute recorded exercise class series (or any LIVE or Zoom class) or take a 21 minute walk.

Track your progress here and after you've completed 21 activities, turn in your log to [dianavita@ryeymca.org](mailto:dianavita@ryeymca.org) for a chance to win a 30 minute Personal Training session, live or virtual.

	Activity	Check here after completing class
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		
Day 8		
Day 9		
Day 10		
Day 11		
Day 12		
Day 13		
Day 14		
Day 15		
Day 16		
Day 17		
Day 18		
Day 19		
Day 20		
Day 21		