

CIRCUIT BREAKER CHALLENGE (Mar 31 - Apr 19)

Do one or more of these circuit breakers each day and track your progress over the course of the challenge. You must complete at least 15 circuit breakers with a minimum of 5 different ones to enter the draw.

CIRCUIT BREAKERS		MARCH		APRIL																			
			31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	
ACTION	Do an online YWCA Fit On Demand workout																						
	Stretch for 10 minutes																						
	Work out in the facility																						
	Play solo squash at FRC & use ball machine (1 free single court use)																						
	Read a book (15 minutes/day)																						
	Take a 30 minute nature walk																						
	Do the YWCA Dance Marathon (on Fit On Demand)																						
	Get in 10,000 steps for the day																						
	Go for a bike ride (inside or outside)																						
NUTRITION	Drink 8 glasses of water																						
	Find a new healthy recipe and make it for a meal																						
	Support your favorite restaurant and order take-out																						
	Skip alcohol for the day																						
CONNECTION	Call a friend to check-in																						
	Perform an act of kindness																						
	Take a screen-free day (disconnect from screen devices)																						
	Plant a vegetable garden																						
	Meditate for at least 10 minutes																						
	Write a letter or postcard and send to a friend																						
	Donate to your favorite charity																						

Submit to challenge@ywcavan.org before April 26