

TEAM LEAN WEEK 7 CHALLENGE



2/19-2/25

Cycling Challenge

Cycle at least 10 miles this week to earn extra points. bring in a copy of a FitBit log, pedometer or a picture of an exercise bike log.

Once you have completed the challenge, see a YMCA staff member to log your bonus points!

Date _____ Miles Cycled _____ Staff _____

Date _____ Miles Cycled _____ Staff _____

Date _____ Miles Cycled _____ Staff _____

Date _____ Miles Cycled _____ Staff _____

Participant _____

Team/Individual _____

