

# TEAM LEAN WEEK 7 CHALLENGE



2/18-2/24

## 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 \_\_\_\_\_

