



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

what's your whY?

Let us help you branch out, get stronger, and improve your physical and mental health through those dreary winter months.

WHAT: 60-day fitness challenge. Set your goals, keep track on the progress board, and win prizes!

WHEN: January 7th - February 28th

DEADLINE: MUST SIGN UP BY MONDAY, FEBRUARY 4TH!

WHERE: Montgomery County Family YMCA

COST: Members: \$10

Non-Members: \$90 (Includes a short-term membership until Feb. 28!)



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what's your Y?

January 7th -February 28th, 2019

DEADLINE: FEBRUARY 4TH 2019

NAME: _____ HOME #: _____ BIRTH DATE: __/__/____
EMAIL: _____ CELL #: _____
ADDRESS: _____ CITY, ST.,ZIP: _____

Cost: YMCA Member - \$10.00 Potential Member - \$90.00

THE UNDERSIGNED, _____, with understanding of the potential risks of injury by reason of participation in the following activity: **what's your why?** does hereby consent to participate in the activity.

The potential risk of participation includes risk of injury from contact with other participants and contact with or use of equipment used in the activity.

The undersigned affirms that by signing this consent the person understands that participation in the activity is voluntary and that the person is free at any time to stop participation.

By this consent and with participation in the activity, the undersigned voluntarily accepts the risk of injury by reason of participation in the activity.

THE UNDERSIGNED provides the following contact information to obtain consent to treat the undersigned in the event of injury or illness during participation:

Name (Spouse/Next of Kin)

Address

Telephone No.

If the contact person named above cannot be reached, the undersigned gives consent for supervisory staff to provide necessary and reasonable emergency medical care and treatment and further treatment by a licensed professional caregiver as the case may be.

Participant's Signature

Print Name

Date



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what's your whY?

FACT SHEET

What is "what's your whY?" It is an eight-week opportunity for YMCA members and Non-YMCA members to set and reach goals for mind, body, and spirit with the following purposes:

1. Increase physical /emotional health fitness of our members during winter months.
2. Increase member participation in different Y activities/classes/events that they normally may not participate in.
3. Increase awareness to non-YMCA members to all that is offered at YMCA and grow new Y members.

How Does the "Points" Concept Work?

- An eight-week program where participants set weekly goals (Monday – Sunday).
- For each week, the total point goal must be at least a 12-point minimum.
- Each week where the participants meets or exceeds their weekly point goal, they earn one (1) raffle ticket.
- Participants will keep track of their points on "whY Progress Board" or by turning in a copy of their point sheet.

Who is Eligible and what is the cost to Participate?

- Any YMCA member or Non-member at least 18 years or older.
- \$10 for YMCA member and \$90 for non-YMCA member.

How Do the Raffle Tickets Work?

- The more raffle tickets you earn the more chances you have of winning prizes
- Raffle will be conducted at end of eight-week program.

Do We Get T-Shirts?

- Each participant who meets at least one weekly point goal will "earn" a "What's Your whY" t-shirt.

what's your whY?

POINT SHEET

Participant Name: _____

BODY / INDIVIDUAL

- Weights 1 point for every 15 minutes
- Run / Walk / Bike / Row 1 point for every 15 minutes
- Swimming 1 point for every 15 minutes
- Tennis / Racquetball / Squash 1 point for every 15 minutes of play
- Basketball (shooting or gameplay) 1 point for every 15 minutes of play

MIND / BODY / CLASSES

- (minutes of class time cannot also be used for Body/Individual points)*
- Tai Chi 5 points for every class attended
 - Strength Train Together 5 points for every class attended
 - Yoga / Chair Yoga 5 points for every class attended
 - Beginner Strength Training 5 points for every class attended
 - Water Aerobics 5 points for every class attended

SPIRIT / FELLOWSHIP

- Coffee, Cards and Conversation 5 points for attending
- Thursday Bible Study 5 points for attending

BONUS!! -1 EXTRA DRAWING CHANCE IF YOU PARTICIPATE OR ATTEND ALL BODY/INDIVIDUAL AND MIND/BODY CLASSES

KEEP TRACK OF YOUR POINTS HERE AND/OR ON THE BOARD!									
# Must have minimum of 12-point goal each week					# Each week is a new start for meeting point goal				
	WEEKLY GOAL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	WEEKLY TOTAL
Week 1									
Week 2									
Week 3									
Week 4									
Week 5									
Week 6									
Week 7									
Week 8									
GRAND TOTAL:									