



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIT COMMITMENT CHALLENGE TRACKING SHEET

WEEKS	SWIM 2.4 MILES				BIKE 11.2 MILES				RUN/WALK 26.2 MILES			
DATE												
WEEK 1												
WEEK 2												
WEEK 3												
WEEK 4												
TOTAL												

Name: _____ Phone: _____ Date: _____



The Fit Commitment Challenge is a fun challenge where you can get the motivation needed to help you reach your New Year goals, with a 30 days time frame to get your started on the right track. The swimming, running, and biking can be done indoors or outdoors, at the Y, or any other location of your choice.



Simply track your distances **January 2nd-31st, 2018** by utilizing this Fit Commitment Challenge tracking Sheet, and turn into Stephanie, Program Coordinator before February 1st.



ALTERNATIVE ACTIVITIES & CONVERSIONS

- 1-hour aerobics class = 5 mile run
- 1-mile elliptical = 1-mile run, walk, or bike
- 1-hour water fitness class = 1/2 mile run or walk
- 1-hour water walking/jogging = 1/2 mile swim