

HEALTHY HOLIDAYS.

BATTLE OF THE BULGE 2019



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NAME: _____

GENDER: _____ AGE: _____ HEIGHT: _____

START WEIGHT (On/Before Sun. 11/17 - day one of challenge): _____

END WEIGHT (Between 1/1 and 1/8/20): _____

Activity tracker printed on back. To claim your free t-shirt, return this card showing weight maintenance/loss during challenge period.

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BATTLE OF THE BULGGE 2019 ACTIVITY TRACKER

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 1 SUN. 11/17							
Week 2 SUN. 11/24							
Week 3 SUN. 12/1							
Week 4 SUN. 12/8							
Week 5 SUN. 12/15							
Week 6 SUN. 12/22							
Week 7 SUN. 12/29							

GREATER WICHITA YMCA | Find schedules, challenges, and more in our FREE APP. YMCAWichita.org/app.

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