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- This challenge is voluntary.
 - Everyone should get to contribute to what fitness activities are incorporated. Take a vote or take turns choosing activities.
 - Keep it positive and never allow anyone to poke fun of someone's efforts.
 - Some challenges ask you to share on Facebook or Instagram. If you don't have an account or don't feel comfortable posting, you still get the points.
- AT YOUR Y (2 points each)**
- The sounds of summer are back at the Y. After a crazy year, it is time to live Summer Out Loud!
- Visit the Y as a Family**
Visit the welcome desk to mark-off your passport.
 - #YSummerOutLoud**
Post a photo with #YSummerOutLoud and tag us with @ymcaeastvalley on Instagram or @ymcaev on Facebook.
 - Attend an Summer Event at a local Y**
Visit ymcaeastvalley.org/events to find a fun family event.

TEXT "SUMMER" TO 844-889-6222 TO JOIN THE CHALLENGE!

FAMILY NAME: _____

FAMILY MEMBERS & AGES: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

TOTAL POINTS: _____ / 38

Check off at least 30 points and submit this passport to the welcome desk to be entered into the national Strong Life grand prize drawing. One passport entry per family. Turn in your completed passport by Aug. 4th.

BE A PART OF SOMETHING BIG (1 point each)

Focus on making kids feel included, like they are a part of the solution or part of a team and something bigger than themselves.

- "Effort" Sports**
Play soccer, football, baseball, or street hockey. Make traditional games more fun with your own family rules and praising effort over winning.
- Dance Party**
Play a game of Freeze Dance or Musical Chairs. Take a picture or video to add to Strong Life Community page on Facebook.
- Support a Cause**
Volunteer or give at a local non-profit. Did you know the Y is a non-profit organization?
- Treasure Hunt**
Hide something exciting and make a map. Be sure everyone gets a turn. Add a little challenge with rules to follow while hunting. For example, everyone has to skip to each location.
- Relay**
Create a list of activities for each family member to complete. Keep track of the time and try to beat it each time.
- Go Plogging**
Walk or run and pick up trash along your route. Take a picture of how much trash you were able to collect.
- Clean Up**
Clean out items that you no longer need and find a charity you can support.

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GET ACTIVE (1 point each)

Focus on growth. Learning something new, setting a goal, and completing a task are all great achievements.

- Create an Obstacle Course**
- Pushup Challenge**
Start with a round of pushups and track everyone's progress throughout challenge.
- Fly a Kite**
- Play Hopscotch**
All you need is a piece of chalk to draw a court and a small object to toss around.
- Learn a New Skill**
Learning a new skill can not only keep you active, but is good for the brain, too!
- Read a Book**
Visit the library and read a new book.
- Pen Pal**
Find an active military or veteran to be your new pen pal.
- Park Visit**
Visit a new local park each week.
- Summer Learning**
Learn about a new country, their language, and find out how to say hello in that new language.

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CREATE HEALTHY HABITS (1 point each)

If you're having fun and making healthy living important, your family will follow.

- Five Fruits/Vegetables 2 Days in a Row**
Track it and try a new option each week.
- Take the Stairs**
Encourage everyone in the family to use the stairs instead of the elevator, no matter where they are.
- Stock Up**
Purchase toys or equipment related to fitness. If you're traveling this summer, keep the equipment handy when at a rest stop.
- Walk It Out**
Park the car at the far end of the parking lot when shopping.
- Meal Planning**
Include everyone in planning and cooking a meal for the whole family.
- No Soda or Sugary Drinks**
Eliminate or limit sugary drinks for one week.
- Stay Active**
Make a commitment to be active a minimum of 30 minutes every day.
- Free Space!**

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SPEND TIME TOGETHER (1 point each)

Focus on making new friends and strengthening connections with friends and family.

- Adventure Hike**
Make a list of natural elements to find. For example, look for a purple flower, a heart-shaped rock, or a good climbing tree. Snap a picture and post to the Strong Life Community page on Facebook.
- Family Bike Ride**
Invite a neighbor to take a ride.
- Track Your Walks**
Map out a family-fun destination and log the miles it would take to get to the destination.
- Make a Family Fitness Video**
Put together a dance video as if you are planning to sell it. Post it and hashtag #YSummerOutLoud and tag your Y.
- Charades**
Fill a bowl with familiar characters or words.
- Board Game Night**
- Song Writing**
Write a funny song you can record and share with others. Post it and hashtag #YSummerOutLoud and tag your Y.
- Tech-Free Day**
Participate in #TechFreeTuesday and plan a special outdoor activity.

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