

Name: \_\_\_\_\_

Team/Partner Name: \_\_\_\_\_

  
 2026 Lean Team  
**SLIMMER BY SUMMER**  
 Challenge

Ask the Welcome Desk for a ticket for the bi-weekly drawing for each Partner, Individual and Bonus challenge completed. Grab a sticker from the binder for each completed challenge as well to place on our poster in the hallway.

Week	Partner Challenges	Individual Challenge	Bonus Challenges	Weekly Step Average
<b>Week One</b> <b>Build the Habit</b> March 9 - 15	Complete two 30-minute workouts together	Walk 1 mile in one day	  	Goal: 5000 steps/day
<b>Week Two</b> <b>Move More</b> March 16 - 22	Complete two 30-minute workouts together	Swim 5 laps in the pool (10 lengths)	  	Goal: 6000 steps/day
<b>Week Three</b> <b>Strength Foundation</b> March 23 - March 29	Complete two 30-minute STRENGTH workouts together	Bike 2 miles in one day	  	Goal: 7000 steps/day
<b>Week Four</b> <b>Consistency Stacking</b> March 30 - April 5	Complete two 30-minute CARDIO workouts together	Walk 3 miles in one day	  	Goal: 8000 steps/day
<b>Week Five</b> <b>Cardio Confidence</b> April 6 - 12	Complete two 30-minute CARDIO workouts together	Swim 8 laps in the pool (16 lengths)	  	Goal: 9000 steps/day
<b>Week Six</b> <b>Midpoint Push</b> April 13 - 19	Complete THREE 30-minute workouts together	Bike 4 miles in one day	  	Goal: 10,000 steps/day
<b>Week Seven</b> <b>Strength Progression</b> April 20 - 26	Complete three 30-minute STRENGTH workouts together	Walk 3 miles in one day	  	Goal: 10,000 steps/day
<b>Week Eight</b> <b>Lifestyle Fat Loss</b> April 27 - May 3	Complete three 30-minute CARDIO workouts together	Swim 16 laps in the pool in one day (32 lengths)	  	Goal: 10,000 steps/day
<b>Week Nine</b> <b>Peak Week</b> May 4 - 10	Complete FOUR 30-minute workouts together	Bike 5 miles in one day	  	Goal: 10,000 steps/day
<b>Week Ten</b> <b>Finish Strong</b> May 11 - 17	Complete four 30-minute workouts together	Walk 4 miles in one day	  	Goal: 10,000 steps/day

## Step Goals

Record your step count for each day noting the increase in the average step per day goal for each week. Your average step count will be calculated and recorded on the front of this page by a Y staff member. Those who meet the daily average step count will receive a bonus ticket in the bi-weekly drawing along with a sticker in the hallway!



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week 1</b> Avg. 5000 steps/day							
<b>Week 2</b> Avg. 6000 steps/day							
<b>Week 3</b> Avg. 7000 steps/day							
<b>Week 4</b> Avg. 8000 steps/day							
<b>Week 5</b> Avg. 9000 steps/day							
<b>Week 6</b> Avg. 10,000 steps/day							
<b>Week 7</b> Avg. 10,000 steps/day							
<b>Week 8</b> Avg. 10,000 steps/day							
<b>Week 9</b> Avg. 10,000 steps/day							
<b>Week 10</b> Avg. 10,000 steps/day							