90 for 90 Challenge Tracker Card

90 Jumping Jacks
✓ for every 10 done
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90-minutes of Cycling or Biking
✓ for every 10 minutes
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90-minutes of Group Fitness
✓ for every 10 minutes
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90 Squats
✓ for every 10 done
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90-second Plank
✓ for every 30-seconds
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90 Burpees
✓ for every 10 done
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90-minutes of Yoga
✓ for every 10 minutes
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Commit to 90-minutes of No Technology
✓ for every 10 minutes
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Take a 90-minute Walk
✓ for every 10 minutes
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90-minutes of Family Time
✓ for every 10 minutes
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Swim for 90-minutes
✓ for every 10 minutes
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90-minutes of Meditation or Relaxation
✓ for every 10 minutes
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90 servings of Fruit & Vegetables
✓ for every 10 done
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90-minutes of Rowing
✓ for every 10 minutes
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90-minutes of Yard Work
✓ for every 10 minutes
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Play with the kids for 90-minutes
✓ for every 10 minutes
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90-minutes of Reading
✓ for every 10 minutes
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90 Push-Ups
✓ for every 10 done
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90 Sit-Ups or Crunches
✓ for every 10 done
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90-minutes of Strength Training
✓ for every 10 minutes
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Raise $90 for the Kenosha Y
Contact Chris Finkel for fundraising page or simply collect from friends & family and bring into the Y.

Drink 9 Glasses of Water Each Day for 10 Days
✓ for each day goal reached
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9 Acts of Kindness
✓ for one
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☐☐☐☐

Share 9 Kenosha YMCA FB or IG posts
✓ for each one
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Tag the Kenosha Y with #KenoshaY90for90 9 times
✓ for each one
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☐☐☐☐

Write 9 Thank You Notes
✓ for one
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☐☐☐☐
Don't forget to send!

Dance for 90-minutes
✓ for every 10 minutes
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Write down 9 things you're Grateful for.
Attach &/or share on social media. Tag it! #KenoshaY90for90

Earn 90,000 steps
✓ for every 10,000
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☐☐☐☐

90-minutes of Stretching
✓ for every 10 minutes
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Name: _____   **Best Contact Phone #:** _____