



The 2016 Summer Games for Y Staff!

Before you get started, let's layout the rules and guidelines for how the challenge works: The goal of the challenge is to stay active during the summer and **visit the Y** at least 10 times from July 11–August 21. Your workouts can consist of ANYTHING, as long as you are MOVING! You'll be tracking your workouts on this card.

HERE'S HOW IT WORKS

For each day you work out at the Y, write the date in an empty box. Once complete, turn your tracking card into ETurpin@ymcasf.org and you'll receive your Summer Games Certificate of Completion, and an entry for a prize!

- **10 Visits: Bronze Status**, and a raffle entry for a \$25 Amazon gift card – 15 staff will win!
- **17 Visits: Silver Status**, and a raffle entry for a free one-month Y membership for a friend. – 15 staff will win!
- **17 Visits (Plus a one-hour Wellness Appointment with a Wellness Coach at the Y): Gold Status**, and the opportunity to attend a private and interactive cooking class with other Gold Status winners!

Share your progress on social media using #YSummerGames. GOOD LUCK!



YMCA OF SAN FRANCISCO • SUMMER GAMES TRACKING CARD • #YSUMMERGAMES

Y VISIT	Y VISIT	Y VISIT	Y VISIT	Y VISIT	Y VISIT
Y VISIT	Y VISIT	Y VISIT	Y VISIT	Y VISIT	Y VISIT
Y VISIT	Y VISIT	Y VISIT	Y VISIT	Y VISIT	WELLNESS APPOINTMENT

Name: _____ Branch: _____

Email: _____ Start Date: ____/____/____