

2025 HEART MONTH CHALLENGE

Complete 150 minutes of exercise per week in February to keep your heart healthy! Track your progress here and bring your completed tracker to the Atchison Family YMCA/Cray Community Center on Sunday, March 2nd at 2pm for our Community Health Walk and a chance to win our Grand Prize Drawing!

	Saturday	Sunday	Tuesday	Wednesday	Wednesday	Thursday	Friday
Week 1	Feb 1						
Week 2							
Week 3							
Week 4							Feb 28

Name: _____

Phone#: _____ Email: _____