



RACE TO 2021 CHALLENGE

Tracking Forms

CHALLENGE 1: OFF TO THE RACES (September 27 - October 10)

GOAL: 300 total minutes of activity

SEPT. 27	SEPT. 28	SEPT. 29	SEPT. 30	OCT. 1	OCT. 2	OCT. 3	SEPT. 27-OCT. 3 TOTAL
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
OCT. 4	OCT. 5	OCT. 6	OCT. 7	OCT. 8	OCT. 9	OCT. 10	OCT. 4-10 TOTAL
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Input your results by October 12 at 12:00 pm to be entered!
Find the input link at metroymca.org/challenge

SEPT. 27-OCT. 10 TOTAL

CHALLENGE 2: GO THE DISTANCE (October 18-31)

GOAL: Log 100,000 total!

OCT. 18	OCT. 19	OCT. 20	OCT. 21	OCT. 22	OCT. 23	OCT. 24	OCT. 18-24 TOTAL
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
OCT. 25	OCT. 26	OCT. 27	OCT. 28	OCT. 29	OCT. 30	OCT. 31	OCT. 25-31 TOTAL
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Input your results by November 2 at 12:00 pm to be entered!
Find the input link at metroymca.org/challenge

OCT. 18-31 TOTAL

CHALLENGE 3: FEEL THE BURN (November 8-21)

GOAL: Burn 1,500 calories total!

NOV. 8	NOV. 9	NOV. 10	NOV. 11	NOV. 12	NOV. 13	NOV. 14	NOV. 8-14 TOTAL
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
NOV. 15	NOV. 16	NOV. 17	NOV. 18	NOV. 19	NOV. 20	NOV. 21	NOV. 15-21 TOTAL
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Input your results by November 23 at 12:00 pm to be entered!
Find the input link at metroymca.org/challenge

NOV. 8-21 TOTAL

CHALLENGE 4: RACE TO THE FINISH (November 29-December 19)

GOAL: Log 15 total workouts!

NOV. 29	NOV. 30	DEC. 1	DEC. 2	DEC. 3	DEC. 4	DEC. 5	NOV. 29-DEC. 5 TOTAL
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
DEC. 6	DEC. 7	DEC. 8	DEC. 9	DEC. 10	DEC. 11	DEC. 12	DEC. 6-12 TOTAL
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
DEC. 13	DEC. 14	DEC. 15	DEC. 16	DEC. 17	DEC. 18	DEC. 19	DEC. 13-19 TOTAL
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Input your results by December 21 at 12:00 pm to be entered!
Find the input link at metroymca.org/challenge

NOV. 29-DEC. 19 TOTAL