



30 Day Challenge

Spring into action this April



Keep track of your daily 30 minute challenges
by ticking off each day below.

Day 1 <input type="checkbox"/>	Day 2 <input type="checkbox"/>	Day 3 <input type="checkbox"/>	Day 4 <input type="checkbox"/>	Day 5 <input type="checkbox"/>
Day 6 <input type="checkbox"/>	Day 7 <input type="checkbox"/>	Day 8 <input type="checkbox"/>	Day 9 <input type="checkbox"/>	Day 10 <input type="checkbox"/>
Day 11 <input type="checkbox"/>	Day 12 <input type="checkbox"/>	Day 13 <input type="checkbox"/>	Day 14 <input type="checkbox"/>	Day 15 <input type="checkbox"/>
Day 16 <input type="checkbox"/>	Day 17 <input type="checkbox"/>	Day 18 <input type="checkbox"/>	Day 19 <input type="checkbox"/>	Day 20 <input type="checkbox"/>
Day 21 <input type="checkbox"/>	Day 22 <input type="checkbox"/>	Day 23 <input type="checkbox"/>	Day 24 <input type="checkbox"/>	Day 25 <input type="checkbox"/>
Day 26 <input type="checkbox"/>	Day 27 <input type="checkbox"/>	Day 28 <input type="checkbox"/>	Day 29 <input type="checkbox"/>	Day 30 <input type="checkbox"/>

Well done!

This month you have completed an amazing challenge by keeping your mind, body and spirit active and healthy.

Thank you for supporting YMCA Essex.

Join us on social media: [#YMCA30DayChallenge](#)

Fundraise with us: justgiving.com/campaign/YMCAEssex30DayChallenge