

PUSH-UP CHALLENGE ACTIVITY LOG

Update your activity daily or weekly with the membership services center by:

- Calling 402-404-8439
- Emailing msevicese@nwsymca.org
- In person at the YMCA front desk



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10/3 - 10/9							
10/10 - 10/16							
10/17 - 10/23							
10/24 - 10/30							
10/31							

Questions?

Contact Group Exercise Coordinator, Bianca, at: bgarcia@nwsymca.org