



SUMMER BUCKET LIST

JUNE 13 – JULY 2

**Grab your friends and family and let's make it
a summer to remember with the Y!**

**Text SUMMER to
844.889.6222
to participate!**

Check off at least 10 items on this list
before July 2 for a chance to win \$2,000!



Enter to Win: Submit your Bucket List at your local Y
OR submit online at StrongLife.org/BucketList
by scanning this QR code.

- ☐ Stay up late and go star-gazing with family or friends.
- ☐ Try a new healthy recipe. If you like it, share it with friends!
- ☐ Have a water balloon or squirt gun fight with friends or family.
- ☐ Draw an obstacle course with chalk and see how many times you can complete it.
- ☐ Learn to use 3 new pieces of strength equipment at the Y. Ask a staff member for help!
- ☐ Give paddleboarding or kayaking a try.
- ☐ Visit a national park in your area ... one that you've never been to before.
- ☐ Run through a sprinkler.
- ☐ Drink 40 or more oz. of water in one day.
- ☐ Eat 3 different types of fruit in one week.
- ☐ Give a ride or deliver a meal, to someone in need.
- ☐ Try something new – maybe something that scares you. Remember to be safe!
- ☐ Don't eat fast food for one week.
- ☐ Learn 3 new abdominal exercises. Google it!
- ☐ Sign up for a 5k.
- ☐ Make a new friend.
- ☐ Use the treadmill at 15% incline (any speed) for 5 minutes.
- ☐ Exercise outdoors, find a new hiking trail.
- ☐ Volunteer at a local non-profit – maybe the Y!
- ☐ Download the "Couch to 5k" app and start running.
- ☐ Try a locally-owned restaurant that you've never tried before.
- ☐ Get lost in a book.
- ☐ Try a new sport – maybe pickleball!
- ☐ Go to bed an hour earlier than usual.
- ☐ Attend a sporting event and root for the home team.
- ☐ Try a smoothie using real fruit. Look up a healthy recipe.
- ☐ Wake up early to watch the sunrise.
- ☐ Go for a nature walk and count the different types of leaves and flowers you see – or make a scavenger hunt list before you start and see how many items you can find.

- ☐ Find out how many calories you should consume in a day. Check out myplate.gov.
- ☐ Visit a farmer's market in your area.
- ☐ Splash in the pool! Play pool games, have fun – don't worry about swimming laps!
- ☐ Walk or ride your bike for at least 30 minutes!
- ☐ Play a new board game – or maybe even try chess!
- ☐ Go camping – even if it's only in your living room.
- ☐ Participate in a Y Group Exercise Class.
- ☐ Get 10,000 steps every day for 5 days.
- ☐ Unplug for 48 hours!
- ☐ Tie dye something.
- ☐ Have a picnic!
- ☐ Build a sand castle.

Insert your own bucket list items:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Name: _____

Email: _____

Phone: _____

Tell us your favorite thing about completing the Y Summer Bucket list:

