Check off at least 20 items on this list by July 16 for a chance to win $2,000!

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

Name: ________________________________

Email: ________________________________

Phone: ________________________________

Tell us your favorite thing(s) from the Bucket List:

- Leave your phone home for a walk, an evening, or an entire day!
- Go plogging, take a run or walk and pick up litter along the way.
- Attach a thank you note to a bottle of water for your letter carrier.
- Bake cookies for your local emergency services as a thank you.
- Go camping – even if it’s only in your living room or backyard.
- Offer child or elder care to give a caregiver some me time.
- Plant a garden and share the harvest with a food pantry.
- Host a lemonade stand and donate the profits to a non-profit.
- Be artists! Set up a sheet or canvas outside and paint or draw.
- Stay up late and go star-gazing with family or friends.
- Decorate your driveway or sidewalk with chalk drawings.
- Stomp in puddles after a storm (let it stop raining first!)
- Try paddleboarding, canoeing, row boating, or kayaking.
- Run through a sprinkler (joyful yelling recommended.)
- Jump rope for a fun challenge.
- Sign up for a 5k (they’re everywhere.)
- Introduce yourself to a new friend at the Y.
- Play a pickup sport with friends or family.
- Wake up early to watch the sunrise.
- Make a scrapbook to make memories out of today.
- Attend a parade or local festival, maybe for 4th of July?
- Do a neighbor’s yardwork to make their day lighter and brighter.
- Create a slip n slide using dish soap, tarp, and water; be safe!
- Tie dye something, it doesn’t have to just be a shirt.
- Have a picnic!
- Hide something, then go on a treasure hunt.
- Play a trivia game.
- Have a sand castle building competition.
- Get lost in a book, you choose the genre.
- Attend a sporting event and root for the home team.
- Create a scavenger hunt of things to find while on a hike.
- Capture fun summer memories with a disposable camera.
- Visit a locally-owned restaurant that you’ve never tried before.
- Splash in the pool! Have fun – don’t worry about swimming laps!
- Use 3 different types of fruit to make fun smoothies or slushies.
- Enter the Y in “dramatic” fashion: tell a joke, sing, dance, make people laugh!
- Grab friends to toss a frisbee. If you have enough, play ultimate frisbee!
- Go for a walk with your fur-baby or play fetch and wear each other out!
- Have a baking competition, YOU decide the rules and what to make!
- Make your own candles and use them at an outside or screen-free dinner.
- Help a friend clean out a space in their home. Donate gently used items.
- Have a spa day at home with friends or family.
- Visit a national park in your area or a park you’ve never been to before.
- Go to bed and put away your phone an hour earlier than usual.
- Wander around your community, without a particular destination.
- Have a water balloon fight with friends or family.
- Learn how to do a cartwheel or handstand.
- Grab your friends or family and watch a fireworks display.
- Insert your own bucket list items:

Tell us your favorite thing(s) from the Bucket List: