



# RESET

Week 2  
Example Tracker



RESET

REFRESH

RECONNECT

REPLAY

REINVEST

RESTORED

Goal	Sunday	Monday	Tuesday
	REST	30 minute-interval walk or run (1 high intensity, 1 minute recovery)	Visit your local YMCA to catch a workout or class.
Wednesday	Thursday	Friday	Saturday
Virtual Class - Pound at 7:00 pm	Workout of the Week	Mindfulness Walk - take a 20 minute walk outside to disconnect and clear your mind	Try an On-Demand Workout from our Library <a href="https://ymcagm.org/on-demand">ymcagm.org/on-demand</a>



[ymcagm.org/RESET](https://ymcagm.org/RESET)