



# RESET

Week 3  
Example Tracker



RESET

REFRESH

RECONNECT

REPLAY

REINVEST

RESTORED

Goal	Sunday	Monday	Tuesday
	REST	Workout of the Week	Virtual Class - Strength & Core at 5:00 PM
Wednesday	Thursday	Friday	Saturday
Try an On-Demand Workout from our Library <a href="http://ymcagm.org/on-demand">ymcagm.org/on-demand</a>	30-Minute walk or jog	20 minute mindfulness/ meditation	Visit your local Y and take a class and/or Workout of the Week

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

