

February Fitness Challenge!

WEEKLY SELF-CARE CHALLENGE



FEBRUARY 2025

WEEK 1

MINDFUL MOMENTS (FEBRUARY 1–7)

Focus: Cultivate mindfulness and inner peace.

Activities: Start each day with 5 minutes of deep breathing. Write down 3 things you're grateful for daily. Take one tech-free hour each evening.

Weekend Challenge: Enjoy a quiet morning routine—no screens, just you, your favorite drink, and a peaceful start.

WEEK 2

BODY LOVE (FEBRUARY 8–14)

Focus: Embrace your emotions and create balance.

Activities: Move your body for at least 20 minutes daily (walk, stretch, dance). Prepare one healthy, home-cooked meal.

Weekend Challenge: Have a "self-care spa day" at home—bath, skincare, comfy clothes, and relaxation.

WEEK 3

EMOTIONAL WELLNESS (FEBRUARY 15–21)

Focus: Nourish and care for your physical self.

Activities: Write in a journal for 10 minutes each day. Say "no" to one thing that feels draining.

Weekend Challenge: Plan a solo date or treat yourself to something special.

WEEK 4

GROWTH & REFLECTION (FEBRUARY 22–28)

Focus: Celebrate growth and set intentions for the future.

Activities: Reflect on 3 personal achievements this month. Declutter one space in your home. Try something new—a recipe, hobby, or activity.

Weekend Challenge: Create a vision board or write goals for the next month.



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