

JUNE FITNESS CHALLENGE!

STRONGER EVERY DAY!



This June, challenge yourself to stay active, build healthy habits, and feel your best all month long!
How It Works: Complete the daily activity listed each day, modify exercises as needed for your fitness level, check off each challenge as you go, and aim to complete all 30 days!

JUNE 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 20-Minute Walk	2 15 Squats + 15 Lunges	3 Drink 64 oz. of Water	4 30-Second Plank x 3	5 Take a Group Fitness Class	6 25 Jumping Jacks + Stretch	7 Rest & Recovery Day
8 10-Minute Core Workout	9 Walk 5,000+ Steps	10 20 Bodyweight Squats	11 Try a New Healthy Snack	12 1-Minute Wall Sit x 2	13 Cardio for 20 Minutes	14 Rest & Recovery Day
15 15 Push-Ups (Modify if Needed)	16 Stretch for 10 Minutes	17 Walk or Jog Outdoors	18 20 Glute Bridges	19 Take the Stairs Today	20 Dance or Move for 15 Minutes	21 Rest & Recovery Day
22 30 Squats + 20 Lunges	23 Drink Water All Day	24 45-Second Plank x 2	25 Attend a Fitness Class	26 25 Sit-to-Stands	27 20-Minute Bike or Walk	28 Rest & Recovery Day
29 Full Body Stretch	30 Celebrate Your Progress					



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