

SEPTEMBER FITNESS CHALLENGE!

SEPTEMBER RESET!



SEPTEMBER 2026

WEEK 1

RESET YOUR SPACE

Clear the clutter. Create room for what matters. A fresh season deserves a fresh start.

Your Challenges: Declutter one space in your home each day, Get rid of 10 things you no longer need, and Make your bed every morning.

WEEK 2

RESET YOUR ROUTINE

Build habits that support the person you're becoming. The best routines aren't complicated—they're repeatable.

Your Challenges: Wake up and go to bed around the same time, Start your morning with water, and Move your body for at least 20 minutes, 4 days this week.

WEEK 3

RESET YOUR MINDSET

Change the conversation you're having with yourself. A reset isn't only about what you do—it's about how you think.

Your Challenges: Journal for 5 minutes each day, Write down one thing you're grateful for, and Spend 20 minutes working toward a personal goal.

WEEK 4

GLOW UP!

Show up for yourself—and celebrate the progress. You've spent the month clearing space, building structure, and shifting your mindset..

Your Challenges: Create a simple self-care routine, Move your body 4 times this week, and Prioritize foods that make you feel good



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**START
CHALLENGE!**

