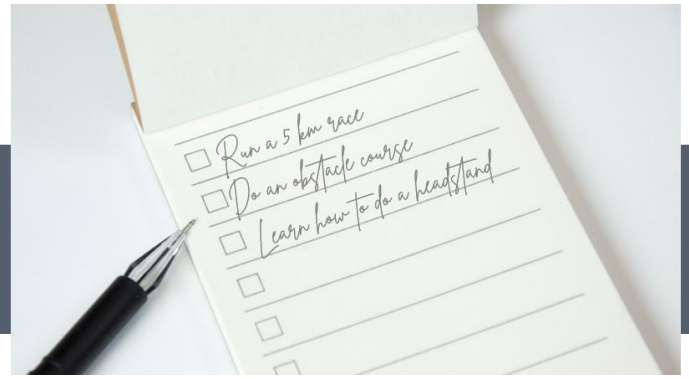


GET SOCIAL

create a fitness bucket list

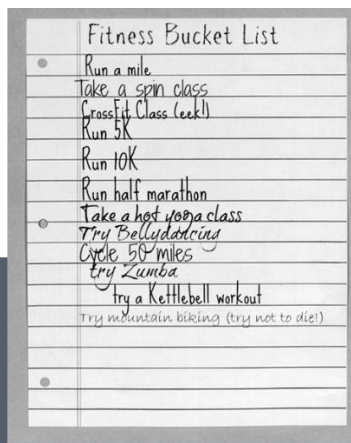


Setting goals is an essential part of your wellness journey. It allows you to hold yourself accountable and helps you push through difficult moments to make lasting change. A fun way to establish goals and keep you moving is to create a *friends & fitness bucket list*. Based on the idea of a bucket list – a list of all the things we want to accomplish before we (ahem) kick the bucket – a friends & fitness bucket list focuses on physical activity and how we can leverage the support of others to help us check those items off our list.

HOW TO CREATE YOUR BUCKET LIST

There's really no right or wrong way to do it. The first thing to decide is whether you want it to be a list of things to accomplish this month, this year, by the end of the season, or by the time you hit a certain age. Any timeline goes. Once that's decided, you can start to put your list together. Obviously, these goals are your own, but feel free to work with a friend or partner who may have shared goals that you can work towards together.

Determine how you will keep yourself on track. If you're a visual person, it can be helpful to have your list posted on the wall to motivate and inspire you along the way. Identify what you need to do/buy/schedule to make each item happen. Making fitness a social affair can be extremely motivating, so consider ways to leverage the energy and enjoyment that comes from including others in your exercise routine: fitness apps, group fitness, teams, events, and more!



IDEAS...

IDEAS...

IDEAS...

- Run a race in a foreign country
- Outdoor rock climbing
- Do 25 full push-ups
- Do an obstacle course race
- Complete a 30-day squat challenge
- Raise money for a charity via a race
- Learn how to Salsa
- Run a 5k
- Run a half marathon
- Learn how to box
- Master a handstand
- Learn a trendy TikTok dance
- Do a headstand on a paddleboard
- Deadlift 200 pounds
- Do 25 pull-ups without resting
- Try downhill biking
- Exercise every day for 1 month
- Learn to do the splits
- Join a rowing club
- Swim across a lake
- Hold a plank for 2 minutes
- Try aerial yoga
- Earn a black belt in Karate
- Climb a rope

Get Social | Create a Fitness Bucket List

- Step 1:** Print out your Fitness Bucket and post it somewhere you will see it daily to remind you about what you're striving for. Cut the slit out of the top of your bucket – this is where you'll add completed items!
- Step 2:** Type and print out a list of your bucket list items or write them out on a piece of paper, then cut each one out so each item is on a separate strip of paper. Keep these handy! You'll be filling your bucket with them as you go.
- Step 3:** Start working towards your goals! As you complete an item, insert it into the bucket. (You may need some tape to keep it from sliding all the way in.) Be sure to celebrate your achievements!

