

Snow Beast Challenge FAQ (Frequently Asked Questions):

What options do I have to choose from in order to complete the challenge?

Remember that you may select **one** of these options for completing your challenge:

- Swim 2.6 miles (32 laps = 1 mile)
- Run or Walk 26.2 miles
- Elliptical or NuStep 26.2 miles (1,584 strides = 1 mile)
- Cycle 262.2 miles

****Miles may not be combined. Each category is a separate challenge. You can complete more than one challenge, but this requires multiple registrations.****

Does 1 class = a day of exercise for the challenge?

Completing 30 minutes of an exercise class in person or online = completing one day of the challenge

How do I record my miles/minutes/classes?

You can record your miles, minutes, classes with an app, a device (such as a Garmin, Apple Watch, etc.) or use a recording sheet.

- Recording sheets are available at the front desk of the YMCA.
- Recording sheets can also be e-mailed to you at any time.
- A copy of the recording sheet is attached below.

Do I need to complete all of my miles/steps/classes in one day?

You choose when and where you complete your miles/classes and how many a day you do. As long as you complete the required number of miles, you will reach the goal of the challenge!!

How do I show proof of completing the Snow Beast challenge?

- Proof including name and total miles must be e-mailed to anqiez@qiyymca.org no later than Friday, February 26.
- Log your miles using an app, device or recording sheet provided. If you use an app, please take a photo of your total mileage.

SNOW BEAST CHALLENGE

Name: _____

Mark your option:

- Run or Walk 26.2 miles
- Elliptical or NuStep 26.2 miles
- Swim 2.6 miles (32 laps= 1 mile)
- Cycle 262.2 miles
- Fitness Classes - 26 classes in 26 days

Total miles/classes as of February 26: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Week Total
	1 miles/ classes	2 miles/ classes	3 miles/ classes	4 miles/ classes	5 miles/ classes	6 miles/ classes	
7 miles/ classes	8 miles/ classes	9 miles/ classes	10 miles/ classes	11 miles/ classes	12 miles/ classes	13 miles/ classes	
14 miles/ classes	15 miles/ classes	16 miles/ classes	17 miles/ classes	18 miles/ classes	19 miles/ classes	20 miles/ classes	
21 miles/ classes	22 miles/ classes	23 miles/ classes	24 miles/ classes	25 miles/ classes	26 miles/ classes		TOTAL _____

Send your name, option, and total number of miles to angiez@gymca.org by Monday, March 1.

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