



SUMMER BUCKET LIST

Grab your friends and family and let's make this a summer to remember with the Y!

To participate, text **SUMMER** to 844.889.6222

Check off at least 20 items on this list by July 16 for a chance to win \$2,000!

Enter to Win: Submit your Bucket List at your local Y OR online at StrongLife.org/summer by scanning this QR code.



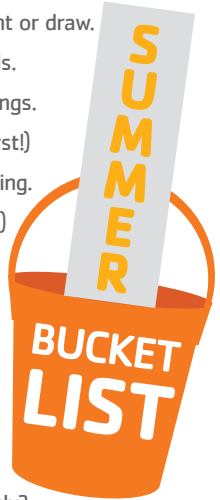
Name: _____

Email: _____

Phone: _____

Tell us your favorite thing(s) from the Bucket List:

- Leave your phone home for a walk, an evening, or an entire day!
 - Go plogging, take a run or walk and pick up litter along the way.
 - Attach a thank you note to a bottle of water for your letter carrier.
 - Bake cookies for your local emergency services as a thank you.
 - Go camping – even if it's only in your living room or backyard.
 - Offer child or elder care to give a caregiver some me time.
 - Plant a garden and share the harvest with a food pantry.
 - Host a lemonade stand and donate the profits to a non-profit.
 - Be artists! Set up a sheet or canvas outside and paint or draw.
 - Stay up late and go star-gazing with family or friends.
 - Decorate your driveway or sidewalk with chalk drawings.
 - Stomp in puddles after a storm (let it stop raining first!)
 - Try paddleboarding, canoeing, row boating, or kayaking.
 - Run through a sprinkler (joyful yelling recommended.)
 - Jump rope for a fun challenge.
 - Sign up for a 5k (they're everywhere.)
 - Introduce yourself to a new friend at the Y.
 - Play a pickup sport with friends or family.
 - Wake up early to watch the sunrise.
 - Make a scrapbook to make memories out of today.
 - Attend a parade or local festival, maybe for 4th of July?
 - Do a neighbor's yardwork to make their day lighter and brighter.
 - Create a slip n slide using dish soap, tarp, and water; be safe!
 - Tie dye something, it doesn't have to just be a shirt.
 - Have a picnic!
 - Hide something, then go on a treasure hunt.
 - Play a trivia game.
 - Have a sand castle building competition.
 - Get lost in a book, you choose the genre.
 - Attend a sporting event and root for the home team.
 - Create a scavenger hunt of things to find while on a hike.
 - Capture fun summer memories with a disposable camera.
 - Visit a locally-owned restaurant that you've never tried before.
 - Splash in the pool! Have fun – don't worry about swimming laps!
 - Use 3 different types of fruit to make fun smoothies or slushies.
 - Enter the Y in "dramatic" fashion: tell a joke, sing, dance, make people laugh!
 - Grab friends to toss a frisbee. If you have enough, play ultimate frisbee!
 - Go for a walk with your fur-baby or play fetch and wear each other out!
 - Have a baking competition, YOU decide the rules and what to make!
 - Make your own candles and use them at an outside or screen-free dinner.
 - Help a friend clean out a space in their home. Donate gently used items.
 - Have a spa day at home with friends or family.
 - Visit a national park in your area or a park you've never been to before.
 - Go to bed and put away your phone an hour earlier than usual.
 - Wander around your community, without a particular destination.
 - Have a water balloon fight with friends or family.
 - Learn how to do a cartwheel or handstand.
 - Grab your friends or family and watch a fireworks display.
- Insert your own bucket list items:**
- _____
- _____



Check off 20 items, enter to win!

