NAME:_____ **Number of Tickets** _____

MY RESOLUTIONS 2020 - Mullica Hill Women's Tri Club

- ❏ I will participate in a timed running event between January 1- Feb 11. 1 ticket per event
- ❏ I will bring a friend (not an existing member) to our 2020 kick off meeting- 1 tix
- ❏ I will volunteer four hours of my time for a worthy cause – 1 tix
- ❏ I will treat myself to one full day of beauty/relaxation- 1 tix
- ❏ I was a newbie last year and LOVED IT- 1 tix
- ❏ I signed up for the MHWTC in December and got $5 off- - 1 tix
- ❏ I will clean out my closets and donate to charity- 2 tix
- ❏ I will take five yoga, cross fit or cardio classes – 2 tix
- ❏ I completed a 70.3 last year OR signed up for a 70.3 this year- 2 tix
- ❏ I will get a mammogram and or pap smear before Feb 11,2020- 2 tix
- ❏ I will get my blood sugar, cholesterol and BP checked before Feb 11 2020 – 2 tix
- ❏ I will get a full body check by a dermatologist before Feb 11, 2020- 2 tix
- ❏ I will get a sigmoidoscopy or colonoscopy before Feb 11, 2020 – 2 tix
- ❏ I will 6-10 pounds- 2 tix
- ❏ I will not drink soda (at all- even diet)- 2 tix
- ❏ I will participate in one act of significant random kindness – 2 tix
- ❏ I will write a letter (not an email or text) to one person who helped my life – 2 tix
- ❏ I will turn 40, 50, or 60 in 2020 and will do something FABULOUS – 2 tix
- ❏ I am a vintage member of this club- I have been with them for EIGHT years- 2 tix
- ❏ I will donate (by myself or with a group) a basket to kick off meeting on Feb 11 – 2 tix
- ❏ I will give blood- 2 tix
- ❏ I will learn first aid or CPR- 2 tix
- ❏ I will sign up for a FREE FIX A FLAT class at Action Wheels before Feb 11- 2 tix
- ❏ I will swim 1.25 miles- 1 tix
- ❏ I will bike/spin 50 miles- 1 tix
- ❏ I will run/walk 25 miles- 1 tix
- ❏ I will swim 1.25 miles, bike 50 miles and run 25 miles- 5 tix
- ❏ I will swim 2.5 miles – 2 tix
- ❏ I will bike/spin 100 miles- 2 tix
- ❏ I will run 50 miles- 2 tix
- ❏ I will swim 2.5 miles, bike 100 miles and run 50 miles – 8 tix
- ❏ I will swim 5 miles- 4 tix
- ❏ I will bike/spin 200 miles- 4 tix
- ❏ I will run 100 miles- 4 tix
- ❏ I will swim 5 miles, bike 200 miles and run 100 miles- 15 tix