

NAME: \_\_\_\_\_

TOTAL TICKETS: \_\_\_\_\_

**MY RESOLUTION 2019 Mullica Hill Women's Tri Club**

	I will participate in a timed running event between January 1- Feb 19 1 ticket per event
	I will bring a friend (not an existing member) to our 2019 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 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 19, 2019- 2 tix
	I will get my blood sugar, cholesterol and BP checked before Feb 19, 2019 – 2 tix
	I will get a full body check by a dermatologist before Feb 19, 2019- 2 tix
	I will get a sigmoidoscopy or colonoscopy before Feb 19, 2019 – 2 tix
	I will lose 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 2019 and will do something FABULOUS – 2 tix
	I am a vintage member of this club- I have been with them for NINE years- 2 tix
	I will donate (by myself or with a group) a basket to kick off meeting on Feb 19 – 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 19- 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