

NAME: _____ Number of Tickets _____

MY RESOLUTIONS 2021 - Mullica Hill Women's Tri Club

√	RESOLUTIONS	NO. OF TICKETS
	I will participate in an organized running event before 1/31/2021 – 1 ticket per event	
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	I will volunteer four hours of my time for a worthy cause before 1/31/2021– 1 ticket	
	I will treat myself to one full day of beauty/relaxation before 1/31/2021- 1 ticket	
	I was a newbie last year and LOVED IT– 1 ticket	
	I signed up for the MHWTC 2021 season for \$35 – 2 tickets	
	I will clean out my closets and donate to charity- 2 tickets	
	I will take five yoga, cross fit or cardio classes – 2 tickets	
	I will schedule and/or get a mammogram and or pap smear before 1/31/2021– 2 tickets	
	I will schedule and /or get my blood sugar, cholesterol and BP checked before 1/31/2021 – 2 tickets	
	I will get schedule and/or get a full body check by a dermatologist before 1/31/2021 – 2 tickets	
	I will schedule and/or get a sigmoidoscopy or colonoscopy before 1/31/2021 – 2 tickets	
	I will lose 6-10 pounds before 1/31/2021 – 2 tickets	
	I will not drink soda (at all, even diet) – 2 tickets	
	I will participate in one act of significant random kindness – 2 tickets	
	I will write a letter (not an email or text) to one person who helped my life – 2 tickets	
	I will turn 40, 50, or 60 in 2021 and will do something FABULOUS – 2 tickets	
	I am a vintage member of this club- I have been with them for 7-10 years – 2 tickets	
	I will give blood – 2 tickets	
	I will participate in the at home 10-minute workout for 30 days- 10 tickets	
	I will bike/spin 50 miles – 2 tickets	
	I will run/walk 25 miles – 2 tickets	
	I will swim 1 mile – 2 tickets	
	I will bike/spin 100 miles – 4 tickets	
	I will run 50 miles – 4 tickets	
	I will swim 4 miles – 4 tickets	
	I will bike/spin 200 miles – 8 tickets	
	I will run 100 miles – 8 tickets	
	I will swim 8 miles – 8 tickets	
	I participated in the Ben Franklin Bridge Holiday Hop – 2 tickets	
	I participated in the Wenonah Woods Winter Walk – 2 tickets	
	I participated in Fitness Yoga- Strength Training with Andie Schwartz – 2 tickets	