



GUIDELINES

We are in the home stretch of the RTY 2017 challenge and what a year it has been! No matter if you made it 300 or 3000 miles this year, you can still finish strong and finish stronger!

**To complete this challenge, you need to finish each of the three "R"s:
Revisit, Reflect, and Resolve.**

Revisit:

To complete this part of the challenge simply go back through the previous eleven challenges and find one you either didn't complete, or one you really enjoyed, and take that challenge again. **You can also mix and match parts of the previous challenges to create your own!** You can find all of the previous challenges in the tracker under the 12 Monthly Challenges tab.

I will revisit the _____ Challenge!

Write down a goal for this challenge. *Do you want to take on a new level in the Monster Ab Challenge? Or are you looking to change your outlook with the Happiness Challenge? Maybe your diet could use some attention and you'll take on the Fuel Your Fitness Challenge!*

Reflect:

To help you reflect on the year we have created a "**Reflection Worksheet**". Each year is a unique journey with ups and downs, trials and triumphs. Go through the worksheet to reflect on your journey.

Resolve:

Toward the end of the month it will be time to set some new goals for 2018! They can be fitness related or something completely different, so we provided a "**Resolution Goal Setting Guide**" to make sure you kick off 2018 with a bang!

It has been such an honor to have you as part of our RTY 2017 Challenge and 12 Monthly Challenge series! We hope to see you again for RTY 2018!

**REFLECTION WORKSHEET**

Use this worksheet to help you reflect on this past year.

You can reflect on your year as a whole or keep it focused on your fitness for the past year.

What obstacles have you overcome this year and what have you accomplished?

Three people who meant the most to me on my journey were:

- 1.
- 2.
- 3.

One person I inspired or helped on their journey was:

One thing I learned about myself in 2017 was:

One lesson I will carry with me into 2018 to make it an even better year is:

How have you changed this year?

How satisfied are you with how the year turned out?

What did I do right? What do I feel especially good about?

Two things I am most proud of myself for in 2017 are:

- 1.
- 2.

What was your favorite run, walk, or race this year?

My favorite moment or story from 2017 is:



GOAL SETTING GUIDE

Write down your goal for 2018. Be sure to start the goal with “I will”, not “I want to” or “I will try.”

Write your goal here:

Brainstorm. This goal will not just happen by itself. You will need to *make* it happen. Make a list of every step you will need to take in order to reach your goal, even if they seem like small steps.

Brainstorm your list here:

Say it outloud. Your chance of success skyrockets when you tell others about your goals. Tell at least three people who care and once who doesn't! Plus you'll have people who love you, cheering you on every step of the way. This is free motivation. Use it!

Take the first steps. Every journey begins with a single step; take that first step today by writing down what you will do to get started! Once you get started it will be easier to keep going, and after a few weeks it will become a habit.

Write down what you will do to get started here: