

YMCA of Columbia 2025 Couch to Camp for Campers & Families							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 May 5-11	CARING						
	Play outside for 10 minutes.	Find a fun water bottle for camp. Start drinking 20oz of water each day.	Register for camp (if you haven't already) and anything needed before camp starts (swim lessons, doctor's appt, tutoring, etc).	Check in with your friends! Have they registered for summer camp? If not, invite them to apply to work with you!	Put your screens away for 60 minutes a day.	Play outside for 20 minutes.	Have you updated your child's authorized pickups and emergency contacts?
Week 2 May 12-18	HONESTY						
	Increase your water intake to 30oz of water each day.	and/or vacations for summer. Be sure you're registered for all weeks you need, including Friday Fun Days!	Play outside for 30 minutes.	Do something relaxing for 1 hour that doesn't involve a screen.	Set your alarm to wake up earlier each day this week and do it!	Increase your water intake to 40oz of water each day.	Play or create something that doesn't involve a screen- friendship bracelets, legos, board games, etc.
Week 3 May 19-25	RESPECT						
	Make your pre-camp to do/shopping list. Do you need shoes? A swimsuit? Sunscreen?	Increase your "away from screens time" to 90 minutes a day.	Go to bed and wake up at the same time each night for a week.	Increase your water intake to 50oz of water each day.	Play outside for 45 minutes. If you bought new shoes for camp, wear them to break them in.	Check your payment draft schedule and mark your calendar so you're prepared!	Water will be the available beverage during camp. If that will be a lifestyle change, begin limiting non-water drinks now to get used to it.
Week 4 May 26-June 1	RESPONSIBILITY						
	Play outside for 50 minutes. Bonus: Play with friends or family for hang out time	Increase your "away from screens" time to 2 hours a day.	Increase your water intake to 60oz of water each day.	Pick times to eat your meals and keep the same times for the rest of this week.	Check your email and read through the camp details and attachments so you are prepared for next week!	Play outside for 60 minutes!	Do something relaxing outdoors for 2 hours that doesn't involve a screen.
June 2-6	First week of camp!						