



SUMMER BUCKET LIST

Grab your friends and family,
let's make this an EPIC summer!



Enter to Win by July 31, 2025:
Submit your Bucket List at your local Y
OR at StrongLife.org/summer



Name: _____

Email: _____

Phone: _____

Tell us your favorite thing(s) from the Bucket List:



- ☐ Get lost in a book, you pick the genre
- ☐ Go biking with a friend or family
- ☐ Put away your phone/devices an hour earlier before bed
- ☐ Explore a town/community you have never been to
- ☐ Go volunteer at the Y
- ☐ Run/walk a 5K or 10K & raise money for charity
- ☐ Attend a local fair, carnival, or festival
- ☐ Watch fireworks light up the night sky
- ☐ Make homemade popsicles
- ☐ Have an arts & crafts night
- ☐ Build a campfire and roast s'mores
- ☐ Picnic in the park (or somewhere green)
- ☐ Attend a sporting event in your area
- ☐ Attend a farmers market
- ☐ Go hiking and bring along friends, family or fur babies
- ☐ Take a group-exercise class you have never tried before at the Y
- ☐ Do something you have not done since you were a kid
- ☐ Visit a museum, art gallery, or sculpture park
- ☐ Have a group movie night, inside OR outside
- ☐ Wander around your community with no destination in mind
- ☐ Invite a neighbor over (or out) for coffee
- ☐ On a rainy day, stay inside and watch a new movie or tv show
- ☐ Declutter your living space
- ☐ Send a handwritten letter to a loved one
- ☐ Go swimming at the Y
- ☐ Go camping or backpacking, even if its in your backyard
- ☐ Stay up late or get up early to watch the sunset/sunrise
- ☐ Try a new pizza topping you never get
- ☐ Try an ice cream flavor you've never had
- ☐ Have a splash competition at the pool
- ☐ Try a locally owned business or restaurant
- ☐ Relax and enjoy an at-home spa day
- ☐ Make a fun summer playlist for a friend
- ☐ Do something outside your comfort zone
- ☐ Meditate or read outside
- ☐ Learn to cook a new healthy recipe
- ☐ Do a random act of kindness for someone
- ☐ Explore a new park (National, State, or local park all count)
- ☐ Surprise someone with a bouquet of flowers
- ☐ Set up a sheet or canvas outside to paint or draw
- ☐ Go visit your local library
- ☐ Nerd out with a puzzle (jigsaw, crossword, sudoku, you choose!)
- ☐ Host a game night with friends or family
- ☐ Give a friend a small gift to show them gratitude
- ☐ Be a star and sing your favorite song during Karaoke
- ☐ Invite friends over for a sleepover
- ☐ Capture a day of fun memories with a disposable camera
- ☐ Stay up late to go stargazing
- ☐ CREATE YOUR OWN
- ☐ _____
- ☐ _____

Check off
20 ✓
items,
enter to
win!

