## Move It! Winter Activity Staff Challenge

Name $\qquad$

## Get moving this winter and earn rewards

Complete 10 minutes of physical activity outside of school hours to complete a square.

Mark each completed square with a highlighter or X to keep track of your progress.

## Examples:

- Hiking/Walking/Running
- X-Country Skiing
- Sledding
- Snowshoeing
- Swimming
- Biking
- Weight Lifting
- Yoga/Zumba
- Crossfit/Gym Session
- Skiing/Snowboarding (slope time only)
- Rec Sports
- Ice Skating


## GOAL REWARDS

Log 35 hours of activity and receive a Round of Golf on the Championship course, Rental Clubs, and a Range Token from Cottonwood Hills Golf Club!

Sheets must be turned into the school front office (either one) by Friday March $22^{\text {nd }}$

Organized By


MonfortonMoves.org


