Move It! Winter Activity Staff Challenge

*

*

LH-

Name

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
- SnowshoeingSwimming
- SwimmBiking
- Weight Lifting
- Yoga/Zumba
- Crossfit/Gym Session
- Skiing/Snowboarding (slope time only)
- Rec Sports
- Ice Skating

GOAL REWARDS

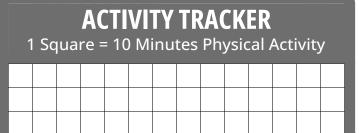
Log 35 hours of activity and receive a **Round of Golf** on the Championship course, **Rental Clubs,** and a **Range Token** from **Cottonwood Hills Golf Club**!

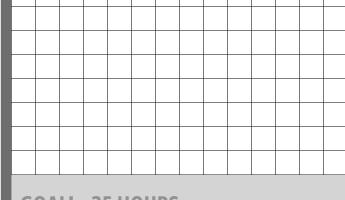
Sheets must be turned into the school front office (either one) by **Friday March 22**nd

Organized By



MonfortonMoves.org





GOAL! • 35 HOURS Earn a Cotttonwood Hills Round of Golf & More





