Move It! Winter Activity Staff Challenge

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:

- Playing Outside
- X-Country Skiing
- Sledding
- Snowshoeing
- Shoveling Snow
- Swimming
- Biking
- Hiking/Walking/Running
- Walking to/from School
- Skiing/Snowboarding (no lift time!)After School Sports
- Ice Skating

GOAL 1

Log 21 hours of activity and receive a **Swim Pass** from **Bozeman Hot** Springs!

GOAL 2

Log 35 hours of activity and also receive a Round of Golf on the Par 3 course, Rental Clubs, a Range Token, a Candy Bar or Ice Cream from Cottonwood Hills Golf Club!

Sheets must be turned into the front office by Friday, April 18th

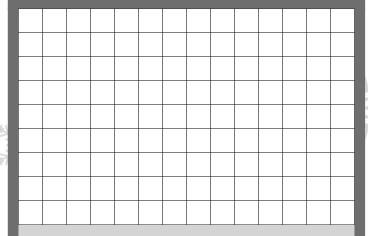
Organized By



MonfortonMoves.org

ACTIVITY TRACKER

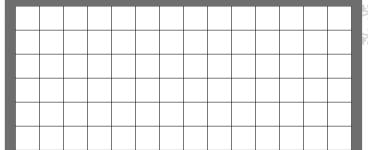
1 Square = 10 Minutes Physical Activity



GOAL 1 • 21 HOURS

Earn a Bozeman Hot Springs Swim Pass





GOAL 2 • 35 HOURS Earn a Cotttonwood Hills Round of Golf & More



