

# 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 18<sup>th</sup>**

Organized By



MonfortonMoves.org

## ACTIVITY TRACKER

1 Square = 10 Minutes Physical Activity


### GOAL 1 • 21 HOURS

Earn a Bozeman Hot Springs Swim Pass



**BOZEMAN  
HOT SPRINGS**


### GOAL 2 • 35 HOURS

Earn a Cottonwood Hills Round of Golf & More

