

OUTDOOR CHALLENGE

MAY 1, 2021 - OCTOBER 31, 2021

RUN, WALK, HIKE OR
BIKE

Challenge Details:

- Record outdoor activity of 30 minutes or more *one activity per submission
- Every 4 activities submitted receive an entry into a drawing *up to 5 entries
- Submit 20 activities and you receive an Amazon gift card *rewarded once
- Selfie or pictures are optional. For additional entries into drawings send a selfie/picture to your Wellness Manager, Cat Miner or post to our Wellness social media pages



pcsdwellness



PCSD Wellness Program

- Submit/share the tracking sheet to Wellness Manger or Cat Miner by November 5.

ENJOY AND HAVE FUN!