

Outdoor Challenge

Tracking Sheet

May 1 - October 31, 2021

Name: _____

School/location: _____

Instructions:

1. Copy tracking sheet to **YOUR GOOGLE DRIVE** or **download** into excel with your name in the title example: *2021 Outdoor Challenge - Cat Miner*
2. Record outdoor activity of **30 minutes** or more. **One activity per submission**
3. For every 4 outdoor activities submitted, you will be entered into a drawing -up to 5 entries
4. Complete 20 or more outdoor activities and you will receive a Amazon gift card - rewarded once
5. "Selfie" or pictures are optional. For additional drawing entries, send a "selfie"/picture to your Wellness Manger, Cat Miner or post to our social media pages: instagram - pcsdwellness, facebook - PCSD Wellness program
6. Submit/Share tracking sheet to your Wellness Manager or Cat Miner before **November 5**

Date	Location of outdoor activity	Duration of activity - 30 mintures	Type of Activity				"Selfie" or picture (optional)	
			Hiking	Biking	Walking	Running		
			<input type="checkbox"/>					
			<input type="checkbox"/>					
			<input type="checkbox"/>	1 entry in Drawing				
			<input type="checkbox"/>					
			<input type="checkbox"/>					
			<input type="checkbox"/>	1 entry in Drawing				
			<input type="checkbox"/>					
			<input type="checkbox"/>					
			<input type="checkbox"/>	1 entry in Drawing				
			<input type="checkbox"/>					
			<input type="checkbox"/>					
			<input type="checkbox"/>	1 entry in Drawing				
			<input type="checkbox"/>					
			<input type="checkbox"/>	Amazon Gift Card				