

STEP IT UP

Challenging You to Move!



NAME: _____

GRAND TOTAL: _____

BONUS TASK CARD

Bonus Task		YES! I Did This!
Participate in a community Fun Run, Walk, or Hike = 2,000 steps	Have you ever participated in a community fun run, walk, or hike? Not only does it support your physical and mental health, but it also feels great to support a worthy cause!	
Participate in a community Fun Run, Walk, or Hike with a friend or family member = 1,000 steps	If you took part in a community event, did you tackle it with a friend or family member? Exercising with someone else makes moving much more fun!	
Take an action shot = 2,500 steps	What does being active mean to you? Share a picture of you in action!	
Share a story = 2,500 steps	Have you made some lifestyle changes to support your health? How does incorporating physical activity into your day make you feel? We'd love to hear about it! Please include a story of at least 50 words.	
GRAND TOTAL		