

MIGHTY MAY MATCH UP

During the month of May, I challenge you to get active and get outside! Complete as many challenges as possible from the list below, or come up with your own ideas. Record your activities on the attached activity_log to keep track of your family's progress.

- Go for a walk
- Go for a hike
- Go for a bike ride
- Go for a jog/run
- Play a sport:
 - Soccer, football, volleyball, basketball, lacrosse, tennis, baseball or any other sport of your choice!
- Do a virtual yoga class
- Do a virtual workout class
- Go canoeing or kayaking
- Go scooting!
- Play frisbee
- Play at the playground
- Make up your own challenge!

THE TOP 3 FAMILIES WITH THE HIGHEST POINTS WILL BE AWARDED PRIZES AT THE END OF THE MONTH!

