



Do **5** fitness activities every week for **6** weeks and earn a voucher for **2** complimentary standard admission tickets to San Antonio Zoo! (Valid March 25-April 30, 2019.)



University Health System
GO! KIDS CHALLENGE
POWERED BY SAN ANTONIO SPORTS

Color in the bubbles each time you do an activity.



EXAMPLE

WEEK 1

JAN 21-26

WEEK 2

JAN 27-FEB 2

WEEK 3

FEB 3-9

WEEK 4

FEB 10-16

WEEK 5

FEB 17-23

WEEK 6

FEB 24-MAR 1

	PLAY OUTSIDE 30 MINUTES	RUN OR WALK 25 MINUTES	PLAY SPORTS 30 MINUTES	PUSH-UPS 20 REPETITIONS	YOUR FAVORITE ACTIVITY 30 MINUTES	DRANK WATER AFTER EXERCISE	ATE FRUITS & VEGETABLES EVERY DAY
EXAMPLE	● ○ ○	● ● ○	● ● ●	● ● ○	● ● ● ● ○ ○	●	●
WEEK 1 JAN 21-26	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○ ○ ○ ○	○	○
WEEK 2 JAN 27-FEB 2	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○ ○ ○ ○	○	○
WEEK 3 FEB 3-9	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○ ○ ○ ○	○	○
WEEK 4 FEB 10-16	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○ ○ ○ ○	○	○
WEEK 5 FEB 17-23	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○ ○ ○ ○	○	○
WEEK 6 FEB 24-MAR 1	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○ ○ ○ ○	○	○

Name _____

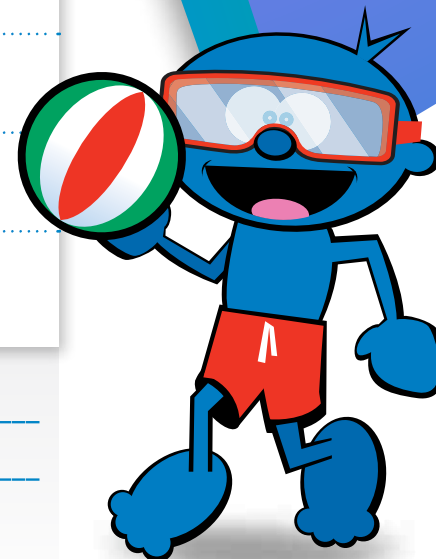
Grade _____

School _____

Family Member's Signature _____

Teacher Name _____

Turn this in to your teacher by March 8!



 University Health System

GO!KIDS CHALLENGE

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It's for the whole family!

Being physically active and eating healthy food is fun, but it isn't just for kids. That's why we're encouraging parents and children to motivate each other in the University Health System Go!Kids Challenge™, powered by San Antonio Sports.

For six weeks, kids track their daily activity in this log. At the end of the program, turn in the completed activity log – including a family member's signature – at school.

Every child who turns in a completed log will receive two complimentary standard admission tickets to San Antonio Zoo!



A PROGRAM OF



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 University Health System

GO!KIDS CHALLENGE

POWERED BY SAN ANTONIO SPORTS

JANUARY 21 - MARCH 1



Kids & Families:

**Be Active, Eat Healthy & Earn
Vouchers for Two Complimentary
Standard Admission Tickets to
San Antonio Zoo!**



Learn more at GoKidsChallenge.com