



Do **5** fitness activities every week for **6** weeks and earn a voucher for **1** complimentary admission ticket to Go!Kids Challenge Day on April 9 at SeaWorld San Antonio!

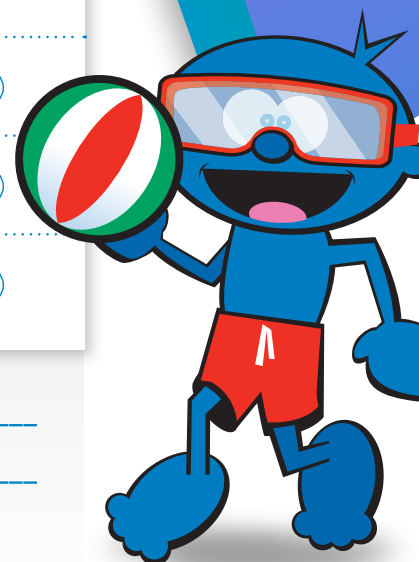


University Health System

# GO!KIDS CHALLENGE

POWERED BY SAN ANTONIO SPORTS

Color in the bubbles each time you do an activity.



	PLAY SPORTS 30 MINUTES	PLAY OUTSIDE 30 MINUTES	RUN OR WALK 25 MINUTES	JUMPING JACKS 10 MINUTES	JUMPING ROPE 10 MINUTES	PUSH-UPS 20 REPETITIONS	DRANK WATER AFTER EXERCISE	ATE FRUITS & VEGETABLES EVERY DAY
<b>EXAMPLE</b>	● ○ ○	● ● ○	● ● ●	● ● ○	○ ○ ○	● ○ ○	●	●
<b>WEEK 1</b> JANUARY 16-21	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○	○
<b>WEEK 2</b> JANUARY 22-28	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○	○
<b>WEEK 3</b> JAN 29-FEB 4	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○	○
<b>WEEK 4</b> FEBRUARY 5-11	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○	○
<b>WEEK 5</b> FEBRUARY 12-18	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○	○
<b>WEEK 6</b> FEBRUARY 19-24	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○	○

Turn this in to your teacher by March 3!

Name \_\_\_\_\_ Grade \_\_\_\_\_  
 School \_\_\_\_\_ Family Member's Signature \_\_\_\_\_  
 Teacher Name \_\_\_\_\_

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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 a voucher good for one complimentary admission ticket to the Go!Kids Challenge Day at SeaWorld San Antonio!\*



## Go!Kids Challenge Day at SeaWorld San Antonio

Sunday, April 9

Admission tickets valid all day

Additional guest ticket can be purchased for \$29 and will include parking valued at \$20.

\*Restrictions apply. Approved program participants only. Admission tickets only valid on April 9, 2017 to SeaWorld San Antonio. Not valid at Aquatica®. Admission tickets are non-transferable. Parking not included with admission tickets. ©2016 SeaWorld Parks & Entertainment, Inc. All rights reserved.

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 University Health System

# GO!KIDS CHALLENGE

POWERED BY SAN ANTONIO SPORTS  
JANUARY 16 - FEBRUARY 24



**Kids & Families:**  
**Be Active, Eat Healthy & Earn a Voucher for One Complimentary Admission Ticket to Go!Kids Challenge Day at SeaWorld San Antonio on April 9!**



Every child who turns in a completed activity log earns a voucher for one single-day (April 9) complimentary admission ticket and access to specially priced guest tickets to SeaWorld San Antonio on Go!Kids Challenge Day.\*

Learn more at [GoKidsChallenge.com](http://GoKidsChallenge.com)