



Do **5** fitness activities every week for **6** weeks and earn a voucher for **2** complimentary single day tickets to San Antonio Zoo! (Valid March 22-April 30, 2020.)



University Health System



Color in the bubbles each time you do an activity.



EXAMPLE

WEEK 1
JAN 20-25

WEEK 2
JAN 26-FEB 1

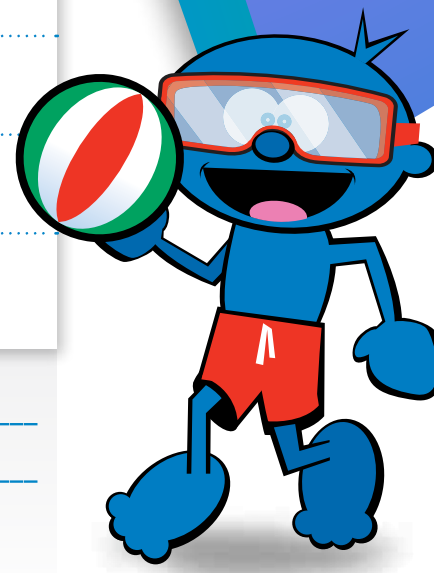
WEEK 3
FEB 2-8

WEEK 4
FEB 9-15

WEEK 5
FEB 16-22

WEEK 6
FEB 23-28

	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	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○
WEEK 2	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○
WEEK 3	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○
WEEK 4	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○
WEEK 5	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○
WEEK 6	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○ ○ ○



Turn this in to your teacher by March 6!

Name _____ Grade _____
 School _____ Family Member's Signature _____
 Teacher Name _____

 University Health System

GO!KIDS CHALLENGE

POWERED BY SAN ANTONIO SPORTS

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 single day tickets to San Antonio Zoo!



A PROGRAM OF



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GO!KIDS CHALLENGE

POWERED BY SAN ANTONIO SPORTS

JAN 20 - FEB 28



Kids & Families:
Be Active, Eat Healthy & Earn
Vouchers for Two Complimentary
Single Day Tickets to
San Antonio Zoo!

SAN ANTONIO
ZOO

Learn more at GoKidsChallenge.com