

RSU 18's SIZZLING SUMMER PASSPORT

Are you up for a summer challenge? We challenge you to participate in some of the summer bucket list ideas below.

Check the box for each time you participated in one of the activities listed below.

GOAL: Check off **18 or more activities** and return this form signed to your principal/office by **Friday, September 6** for a participation gift. Enjoy the summer!



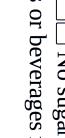
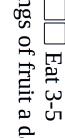
Bronze Medal: completed 18 activities

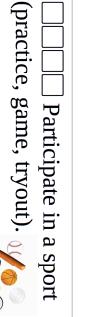
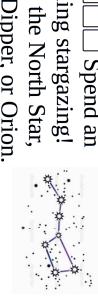
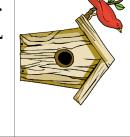
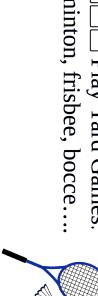
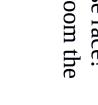
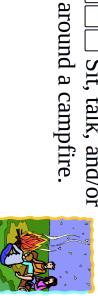
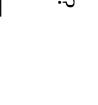
TOTAL ACTIVITIES COMPLETED: _____



Silver Medal: completed 25 activities

Gold Medal: completed 40 activities

Physical Fitness	Be Creative	Mind Games	Fun For All	Self Improvement
<input type="checkbox"/> 20-40 minutes walking/jogging	<input type="checkbox"/> Paint, draw, color, other (paint rocks).	<input type="checkbox"/> Learn to juggle with scarves, balls, or bean bags.	<input type="checkbox"/> Go bowling or mini golfing.	<input type="checkbox"/> No sugary foods or beverages for the day!
<input type="checkbox"/> 20-40 minutes of biking	<input type="checkbox"/> Create a scrapbook of your summer fun.	<input type="checkbox"/> Play a board game or card game.	<input type="checkbox"/> Go berry picking.	<input type="checkbox"/> Eat 3.5 servings of fruit a day.
<input type="checkbox"/> 20-40 minutes of swimming	<input type="checkbox"/> Make slime, playdough, or kitchen science project.	<input type="checkbox"/> Learn a card trick and show 3 people.	<input type="checkbox"/> Participate in a family game night/evening.	<input type="checkbox"/> Eat 3-5 servings of veggies for the day.
<input type="checkbox"/> Go fishing or hiking with your family or friend.	<input type="checkbox"/> Start a collection (rocks, shells, stamps, stickers).	<input type="checkbox"/> Play cribbage, chess, backgammon or bridge. (other _____).	<input type="checkbox"/> Help cook a healthy meal for dinner.	<input type="checkbox"/> Drink 8 cups of water a day.
<input type="checkbox"/> Yoga	<input type="checkbox"/> Learn a new hobby. What new hobby did you learn? _____	<input type="checkbox"/> Read a book.	<input type="checkbox"/> Family outing or day trip (beach, park, fair, picnic, farmer's market, camping, other)	<input type="checkbox"/> No screen time for two hours before bed.
				
				
				

Physical Fitness	Be Creative	Mind Games	Fun For All	Improvement
<input type="checkbox"/> Participate in a sport (practice, game, tryout). 	<input type="checkbox"/> Take pictures and create a photography display. 	<input type="checkbox"/> Complete a puzzle, sudoku, or rubik's cube. 	<input type="checkbox"/> Spend an evening stargazing! Find the North Star, Big Dipper, or Orion. 	<input type="checkbox"/> Take a day off from social media. 
<input type="checkbox"/> Run a race! 	<input type="checkbox"/> Build a bird feeder or bat house. 	<input type="checkbox"/> Meditate. 	<input type="checkbox"/> Movie night 	<input type="checkbox"/> Get 7-9 hours of sleep for 3 nights in a row. 
<input type="checkbox"/> Karate. 	<input type="checkbox"/> Make a musical instrument. 	<input type="checkbox"/> Listen to a podcast. 	<input type="checkbox"/> Play Yard Games: badminton, frisbee, bocce.... 	<input type="checkbox"/> Clean the house race! See who can clean their room the fastest. 
<input type="checkbox"/> Do an online workout. Zumba, Go Noodle, etc. 	<input type="checkbox"/> Learn to sew; make a project! 	<input type="checkbox"/> Listen to a podcast. 	<input type="checkbox"/> Play tag, catch, red light/green light, or other outside games. 	<input type="checkbox"/> Help with an outside job (yard work, wash the car, sweep) 
<input type="checkbox"/> Create a physical fitness challenge or make an obstacle course. 	<input type="checkbox"/> Write a poem or fictional story. 	<input type="checkbox"/> Send a letter, card or post card to a friend. 	<input type="checkbox"/> Sit, talk, and/or sing around a campfire. 	<input type="checkbox"/> Volunteer. Where did you volunteer? _____
<input type="checkbox"/> Attend a fitness class. 	<input type="checkbox"/> Knit. 	<input type="checkbox"/> Visit the library. 	<input type="checkbox"/> Go on a picnic. 	<input type="checkbox"/> Give 5 compliments. 
Total: _____	Total: _____	Total: _____	Total: _____	Total: _____

Grand Total of Activities Completed: _____

Your Name: _____

School: _____

