

RSU 18's SIZZLING SUMMER PASSPORT




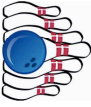



















Are you up for a summer challenge? We challenge you to participate in some of the summer bucket list ideas below. Check the box for each time you participated in one of the activities listed below.




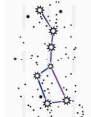





















GOAL: Check off **18 or more activities** and return this form signed to your principal/office by **Friday, September 6** for a participation gift. Enjoy the summer!



Bronze Medal: completed 18 activities
Silver Medal: completed 25 activities
Gold Medal: completed 40 activities

TOTAL ACTIVITIES COMPLETED: _____

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

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

Grand Total of Activities Completed: _____

Your Name: _____ School: _____

