

**MOVE MORE KIDS 100 MILE CLUB**

# Winter Break

## ACTIVITY CHALLENGE

Earn **10 miles** for 100 Mile Club

by completing **7** of the Winter activities below

- \_\_\_ Build a snowfriend
- \_\_\_ Practice yoga/stretching
- \_\_\_ Go skiing/snowboarding
- \_\_\_ Go bowling
- \_\_\_ Enjoy sledding
- \_\_\_ Make a snow angel
- \_\_\_ Shovel a neighbor's driveway

*Write in your own physical activity ideas:*

-----  
-----  
-----

Student's Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

