

# Take the Healthy Futures Challenge!

Get Out and Play,  
**60 Minutes** Every Day!



## 1. Be Active

Hike, bike, ski, skate, jump, catch, run, have fun!

## 2. Track

Track your play for one month. Even your time in gym class and recess counts.

## 3. Get Prizes

Return the log to your school. Get a prize for each month of the challenge.



Talk to your teacher today or visit [healthyfuturesak.org](http://healthyfuturesak.org).