

BE ACTIVE 30-Day Challenge

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

2

point value based on activity

sport stacking

activity

sample

Every 10 days, add up your point totals below, try to improve each time.

Goal: 15 points	+	Goal: 20 points	+	Goal: 25 points	=	Goal: 60 points
days 1-10		days 11-20		days 21-30		30 Day Total

The BE ACTIVE 30-Day Challenge

1. Place the 30-Day Challenge Calendar on the refrigerator or wall.
2. Choose an activity each day and **BE ACTIVE** for at least 30 minutes.
3. Write the number of points for each activity on the calendar daily.
4. Go to www.SpeedStacks.com/BeActive and enter the total number of points earned on **Day 10**, **Day 20** and **Day 30**.



Prizes

Speed Stacks will give away 50 prizes in total including an iPad mini and Nike FuelBands. Your chances of winning a prize will be based on the total number of points earned. For more details, visit: www.SpeedStacks.com/BeActive



Goals & Rules

- Be Active each day, but it's okay if you miss a day, you are still in the contest.
- Pick a different activity each day from the **BE ACTIVE** website at www.SpeedStacks.com/BeActive It's alright to repeat activities.
- Make sure you are active for at least 30 minutes each day.
- Record your points online and the school with the most points wins the **BE ACTIVE 30-Day Challenge**!

Activities

1 Point *Choose from below or any activity that gets you moving*

- Go bowling
- Wash the car
- Cook with your parents
- Sport Stack on a table
- Frisbee
- Stretching
- Fly a kite
- Walk the dog

2 Points *any activity to be moderately active*

- Bike ride
- Jump Rope
- Sport Stack between two tables
- Go for a walk
- Jumping on a trampoline
- Playing in the park
- Dancing
- Mow the lawn

3 Points *any activity that gets your heart rate up*

- Go for a hike
- Sport Stacking relays
- Swim laps
- Run up and down stairs
- Go for a long bike ride
- Play team sports (basketball, hockey or soccer)
- Rollerblading