

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.