



# MACS Winter Holiday Health Challenge

## Students:

Please fill in the form below describing what you did **EACH DAY** during the holiday break to get at least 30 minutes of healthy holiday exercise

**-Drop off completed and colored forms to the nurse by Wednesday, January 4th for an entry to win a prize!**

*\*You must fill out at least 8 days (see below) of holiday health activities to be entered to win*

**-A drawing will be held on Thursday, January 5th to determine the Winter Holiday Health Challenge winner**

*\*Students who have all 11 days filled in with holiday health activities will earn 2 entries into the drawing*

*Activity ideas: Skiing, sledding, ice skating, hiking, walking, indoor play (activity places such as "Nuthin' But Good Times" are a great way to have fun exercising), swimming, gymnastics, sports, etc.*

## MACS Winter Holiday Health Challenge



**Student Name:** \_\_\_\_\_

**Grade:** \_\_\_\_\_

Friday, 12/23 \_\_\_\_\_ Saturday, 12/24 \_\_\_\_\_ Sunday, 12/25 \_\_\_\_\_

Monday, 12/26 \_\_\_\_\_ Tuesday, 12/27 \_\_\_\_\_ Wednesday, 12/28 \_\_\_\_\_

Thursday, 12/29 \_\_\_\_\_ Friday, 12/30 \_\_\_\_\_ Saturday, 12/31 \_\_\_\_\_

Sunday, 1/1 \_\_\_\_\_ Monday, 1/2 \_\_\_\_\_

