

Stay Active & BRIGHT Challenge

Track your active minutes outdoors!

What counts as active minutes?

- Walking with friends & family
- Cycling
- Chopping firewood
- Raking leaves
- Hunting
- ... many more!

**The CDC recommends 150 minutes of moderate to vigorous movement a week*

My Goal

_____ minutes outside. Start tracking October 19!

Incentives for the Challenge

Participants who enter their weekly minutes at searhc.org/stayactivestaybright will be entered into a weekly drawing for high visibility gear!

PLEASE READ: Every Monday you will receive a reminder email with instructions on how to submit your minutes for the previous week, as well as tips for healthy habits, and the prize drawing winners. Please make sure these emails are not in your junk email before contacting us for assistance

Activity log – Start counting minutes on Monday, October 19th

Week 1: Submit minutes via email by midnight on Monday, October 26

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL MINS.

Week 2: Submit minutes via email by midnight on Monday, November 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL MINS.

Week 3: Submit minutes via email by midnight on Monday, November 9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL MINS.

Week 4: Submit minutes via email by midnight on Monday, November 16

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	TOTAL MINS.



For more information and to sign up, visit searhc.org/stayactivestaybright or scan the QR code using your smartphone camera app.

Questions? Contact Hannah at 364.4404 or hschlosstein@searhc.org.

