

OUTDOOR ADVENTURE CHALLENGE

HOW IT WORKS:

You are invited to complete outdoor adventures at home, in your community, or in the great outdoors. The goal is to earn at least 200 points before Aug 31st (see back of sheet). You can only count each item once and the higher the difficulty, the more points you will receive. Successful finishers will receive an outdoor adventure pin.

Additionally, this challenge may count for the July/August Healthy Me Challenge. The purpose of this challenge is to encourage everyone to try new things and enjoy the outdoors as much as possible this summer.

POINT TRACKER

ACTIVITY	POINTS	TOTAL



10 POINTS

- Plant flowers in your yard
- Hand wash your car
- Have an outdoor Barbeque
- Relax in a Hammock
- Go somewhere with a good view and watch the sunset
- Go on a walk around your neighborhood
- Have a picnic
- Fly a kite
- Plant a tree
- Go star gazing
- Make a campfire (if allowed)
- Play frisbee golf, croquet, bocci ball, or some other outdoor game
- Do some outdoor drawing or painting
- Explore a local park
- Do a similar activity of your own choice

15 POINTS

- Go geocashing
- Enjoy a local lake or reservoir like Utah Lake, Deer Creek, or Jordanelle
- Go to the Monte L. Bean Life Sciences museum
- Go on a drive through Provo Canyon
- Walk along BYU's south campus stream and trail (take time to enjoy BYU's botany pond)
- See and identify at least 10 different types of rocks, plants, or insects
- Go on a 5-10 mile bike ride
- Go bird watching and find at least 7 different kinds of birds
- Walk, bike or rollerblade on the Provo Parkway Trail
- Walk around the grounds of two temples
- Do an outdoor exercise session - yoga, running, HIIT, etc.
- Attend an outdoor concert or show
- Watch a parade, fireworks display, or balloon launch
- watch a little-league or other community sporting event
- Do a similar activity of your own choice

25 POINTS

- Participate in an outdoor service or conservation project
- Take a trip to a National Park
- Hike the Y
- Organize or go on an outdoor scavenger hunt
- Go camping in a safe camping spot
- Go to the zoo (SLC) or Aquarium (Draper)
- Go to the Timpanogos Cave
- Visit the Great Salt Lake
- Go Fishing
- Hike up Bridal Veil Falls or go on the Fifth Water Hot Springs hike
- Go on a 15-25 mile bike ride
- Go on the Buffalo Peak or Steward Falls hike
- Grow a vegetable garden
- Run a 5k or 10k or Sprint- Triathlon
- Do a similar activity of your own choice

100 POINTS

- Hike Mount Timpanogos
- Go on a Back Packing Trip
- Run a Half-Marathon, Marathon, Triathlon, or another major race
- Go on a 50-100 mile bike ride
- Do a similar activity of your own choice

