

# GET OUTSIDE

## NATURE CHALLENGE

- **Spend 120 minutes per week outside** (approx. 20 mins per day) for each of the 3 weeks for one entry into a raffle for 1 of 3 nature-related prizes: a tent, a day hiking backpack, or a gardening basket.
- Complete the **bonus Nature Bingo challenge** and share a photo of at least one of your activities in the Atlantic Wellness Webex group chat to **earn one additional entry for the nature prize raffle.**  
*(Contact Becca Schusler at [beccas@atlanticpkg.com](mailto:beccas@atlanticpkg.com) to be added to the Webex channel if you are not already a member.)*
- Participation in this challenge will earn you **one raffle ticket for the Healthy You Project drawing.**
- Submit this completed tracking calendar and the provided Nature Bingo sheet, if completed, to [wellness@atlanticpkg.com](mailto:wellness@atlanticpkg.com) or to your Branch Wellness Coordinator by Wednesday, July 31st.

MON	TUE	WED	THU	FRI	SAT	SUN
_____ mins 8	_____ mins 9	_____ mins 10	_____ mins 11	_____ mins 12	_____ mins 13	_____ mins 14

COMPLETED MINIMUM 120 TOTAL MINUTES:

MON	TUE	WED	THU	FRI	SAT	SUN
_____ mins 15	_____ mins 16	_____ mins 17	_____ mins 18	_____ mins 19	_____ mins 20	_____ mins 21

COMPLETED MINIMUM 120 TOTAL MINUTES:

MON	TUE	WED	THU	FRI	SAT	SUN
_____ mins 22	_____ mins 23	_____ mins 24	_____ mins 25	_____ mins 26	_____ mins 27	_____ mins 28

COMPLETED MINIMUM 120 TOTAL MINUTES:



# NATURE BINGO

- As an optional opportunity to earn one bonus entry into the challenge prize drawing, you can play Nature Bingo!
- Mark off the squares as you complete the activities below.
- Get 5 in a row and submit at least one picture of your activities to the Atlantic Wellness Webex group chat. *(Contact Becca Schusler at [beccas@atlanticpkg.com](mailto:beccas@atlanticpkg.com) to be added if you are not already a member.)*
- Once completed, submit this bingo card along with your challenge calendar to your Branch Wellness Coordinator or to [wellness@atlanticpkg.com](mailto:wellness@atlanticpkg.com) by Wednesday, July 31st.

take your dog for a walk	<b>LITTER ALERT!</b> find & pick up plastic shopping bags, candy, or food wrappers	eat a meal outside	plant something (tree, plant, vegetable, etc.)	take a hike
go kayaking	shop at the local farmer's market	watch the sunrise outside	spend time in your garden	<b>LITTER ALERT!</b> find & pick up plastic water bottles, soda cans, or other beverage containers
watch the sunset outside	explore a local park	<b>FREE SPACE</b>	go fishing	let out your inner photographer! take at least 5 pictures of nature around you
<b>LITTER ALERT!</b> find & pick up plastic cutlery, cigarettes, or fast food containers	read a book under a tree or on a bench	take a walk at lunch	cook out in the backyard	watch live music at an outdoor venue
look for shooting stars	take a bike ride	have a walking meeting or phone call	<b>LITTER ALERT!</b> find & pick up anything styrofoam	bring a friend with you outside