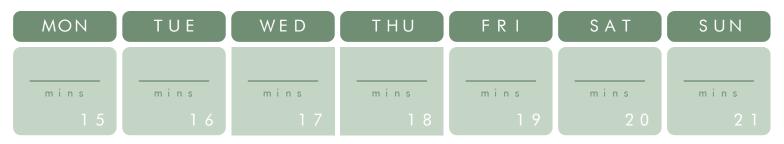
GET OUTSIDE NATURE CHALLENGE

- **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 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 or to your Branch Wellness Coordinator by Wednesday, July 31st.



COMPLETED MINIMUM 120 TOTAL MINUTES:



COMPLETED MINIMUM 120 TOTAL MINUTES: (



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 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 by Wednesday, July 31st.

