

# get outside

## NATURE CHALLENGE



BACK to  
NATURE



APRIL 1<sup>ST</sup> – 30<sup>TH</sup>, 2025

- Spend a total of 600 minutes outside (approx. 20 mins per day) over the course of the 30-day challenge for one entry into a raffle for one of the following prizes: an Adventure Pack from Finisterre, a Grow Your Own Food Gardening Kit and Book, an Annual Membership and Gift Card to REI, or a Subscription to the Adventure Journal.
- 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.
- At the end of the challenge, take a picture of your completed tracking calendar and your Nature Bingo sheet, if completed, and upload it to the Wellright portal, send it to [wellness@atlanticpkg.com](mailto:wellness@atlanticpkg.com) or show your Branch Wellness Coordinator for credit **no later than Friday, May 2nd.**

	TUE	WED	THU	FRI	SAT	SUN
	_____ mins 1	_____ mins 2	_____ mins 3	_____ mins 4	_____ mins 5	_____ mins 6
MON	TUE	WED	THU	FRI	SAT	SUN
_____ mins 7	_____ mins 8	_____ mins 9	_____ mins 10	_____ mins 11	_____ mins 12	_____ mins 13
MON	TUE	WED	THU	FRI	SAT	SUN
_____ mins 14	_____ mins 15	_____ mins 16	_____ mins 17	_____ mins 18	_____ mins 19	_____ mins 20
MON	TUE	WED	THU	FRI	SAT	SUN
_____ mins 21	_____ mins 22	_____ mins 23	_____ mins 24	_____ mins 25	_____ mins 26	_____ mins 27
MON	TUE	WED				
_____ mins 28	_____ mins 29	_____ mins 30				

NAME: \_\_\_\_\_

TOTAL MINUTES: \_\_\_\_\_ / 600

# bonus nature bingo



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- 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 by taking a picture and uploading it to the Wellright Portal, give it to your Branch Wellness Coordinator or send it to [wellness@atlanticpkg.com](mailto:wellness@atlanticpkg.com) by Friday, May 2nd.

explore a local park or nature trail	watch a sunrise or sunset	eat a meal outside	<b>LITTER ALERT!</b> find & pick up plastic water bottles, soda cans, or other beverage containers	take a hike with a friend
<b>LITTER ALERT!</b> find & pick up plastic shopping bags, candy, or food wrappers	cook out in the backyard	<b>BACK TO NATURE MOMENT:</b> go stargazing on a clear night – how many constellations can you find?	go kayaking or paddleboarding	spend time in your garden
watch live music at an outdoor venue	read a book under a tree or on a bench	<b>FREE SPACE</b>	take a bike ride	<b>BACK TO NATURE MOMENT:</b> sit outside and listen to the birds – how many can you identify?
<b>BACK TO NATURE MOMENT:</b> let out your inner photographer! take at least 5 pictures of nature around you	go fishing	take a walk on your lunch break	shop at the local farmer's market	<b>LITTER ALERT!</b> find & pick up anything styrofoam
take a meeting or phone call outside	<b>LITTER ALERT!</b> find & pick up plastic cutlery, cigarettes, or fast food containers	take your dog for a walk	<b>BACK TO NATURE MOMENT:</b> observe the moon at the same time each night for a week and see how it changes	plant something (tree, plant, vegetable, etc.)