

get outside

NATURE CHALLENGE



APRIL 1ST – 30TH, 2026



BONUS NATURE BINGO

Share a photo of at least one of your completed activities from Nature Bingo 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.

- 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.
- Participation in this challenge will earn you one raffle ticket for Wellness Awards 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 or show your Branch Wellness Coordinator for credit no later than Wednesday, May 6th.

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

NAME: _____

TOTAL MINUTES: _____ / 600