

Name:			Grade/Class:			
<b>Blythe Park Bulldog Challenge</b>			<b>October 2016</b>			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Time _____ Activity _____ Points _____
2 Time _____ Activity _____ Points _____	3 Time _____ Activity _____ Points _____	4 Time _____ Activity _____ Points _____	5 Time _____ Activity _____ Points _____	6 Time _____ Activity _____ Points _____	7 Time _____ Activity _____ Points _____	8 Time _____ Activity _____ Points _____
9 Time _____ Activity _____ Points _____	10 Time _____ Activity _____ Points _____	11 Time _____ Activity _____ Points _____	12 Time _____ Activity _____ Points _____	13 Time _____ Activity _____ Points _____	14 Time _____ Activity _____ Points _____	15 Time _____ Activity _____ Points _____
16 Time _____ Activity _____ Points _____	17 Time _____ Activity _____ Points _____	18 Time _____ Activity _____ Points _____	19 Time _____ Activity _____ Points _____	20 Time _____ Activity _____ Points _____	21 Time _____ Activity _____ Points _____	22 Time _____ Activity _____ Points _____
23 Time _____ Activity _____ Points _____	24 Time _____ Activity _____ Points _____	25 Time _____ Activity _____ Points _____	26 Time _____ Activity _____ Points _____	27 Time _____ Activity _____ Points _____	28 Time _____ Activity _____ Points _____	29 Time _____ Activity _____ Points _____
30 Time _____ Activity _____ Points _____	31 Time _____ Activity _____ Points _____					
<b>Bonus Points (win up to 5 for meeting the challenges below. Take only 1 point per challenge)</b> <ol style="list-style-type: none"> <li>Join Cardio Kids _____</li> <li>Help your family rake leaves _____</li> <li>Ride your bike to the library _____</li> <li>Take a nature hike _____</li> <li>Eat something made with pumpkin _____</li> </ol>			<b>Instructions:</b> Take 1 point for each 30 minutes of exercise. (e.g. 30 min = 1 point; 60 min = 2 point; 90 min = 3 point) You may earn up to 5 bonus point if you meet the extra challenges.		Total Activity Points: _____ Total Bonus Points: _____ Total Points: _____	