

Name: \_\_\_\_\_

Grade/Class: \_\_\_\_\_

**Blythe Park Bulldog Challenge**

**September 2016**

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 _____	

**Bonus Points (win up to 5 for meeting the challenges below. Take only 1 point per challenge)**

1. Brought your bike helmet for Bike Rodeo \_\_\_\_\_
2. Eat a piece of fruit every day \_\_\_\_\_
3. Clean your room \_\_\_\_\_
4. Brought all your school supplies to school \_\_\_\_\_

**Instructions:**

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: \_\_\_\_\_