

RSU 18's LET'S GO TO TOKYO CHALLENGE CUP

Welcome to “Leg #1” of the four-leg challenge to Tokyo. Your goal should you be willing to accept it is to travel the distance to Tokyo (9,588 miles) while stopping along the way for much needed wellness breaks. Our first stop is The Gateway Arch (St. Louis, MO- 1,350 miles). Attempt to complete as many wellness activities listed below for your chance to win the gold! The school in the lead after this leg will get a district-sponsored surprise!



Bronze Medal: completed 6 activities

Silver Medal: completed 8 activities

Gold Medal: completed 12 activities

To be eligible for prizes, staff must complete activities in three of the four categories listed below

Strong Minds	Healthy Bodies	Positive Cultures	Olympic Values
<input type="checkbox"/> Put a puzzle together	<input type="checkbox"/> Be active for 30 minutes a day for five days	<input type="checkbox"/> Engage in critical reflection	<input type="checkbox"/> Write a list of qualities you admire in someone else and share it with them
<input type="checkbox"/> Read or listen to a book	<input type="checkbox"/> Drink 8 glasses of water each day for five days	<input type="checkbox"/> Write a note to someone you care about	<input type="checkbox"/> Be early to something
<input type="checkbox"/> Learn something new	<input type="checkbox"/> Participate in a stretch routine each day for five days	<input type="checkbox"/> Recognize and celebrate 5 positive things	<input type="checkbox"/> Apologize to someone when needed
<input type="checkbox"/> Practice 10 minutes of meditation	<input type="checkbox"/> Write in your activity:	<input type="checkbox"/> Write down 5 things you are grateful for	<input type="checkbox"/> Spend time with someone who builds you up
Total:	Total:	Total:	Total:

BONUS: ATTEND A DISTRICT-SPONSORED ACTIVITY (Concert, Musical, Play, Unified Game, etc.) Check school websites for details



Print Your Name: _____ School: _____



Leg #1 is from February 17th – March 1st (All Leg #1 Passports are due to Kristi Farrell by March 6th)