

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

Welcome to Leg #2 of the great race to Tokyo! This circuit has us ending at Disneyland (Anaheim, CA- 1,823 miles!). By participating in this challenge, we are well on our way to Tokyo which is a distance of 9,588 miles total. After our first and second challenges we are almost halfway there. Challenge fellow staff members to go for the gold! The school in the lead after this leg receives special prizes and recognition!



Bronze Medal: completed 6 activities

Silver Medal: completed 8 activities To be eligible for prizes, staff must complete activities in three of the four categories listed below

Gold Medal: completed 12 activities

Strong Minds	Healthy Bodies	Positive Cultures	Olympic Values
<input type="checkbox"/> Listen to and learn from a new podcast	<input type="checkbox"/> Remove sugar, add water, get your food from the source for 5 days	<input type="checkbox"/> Have a conversation with a student or coworker about something other than school	<input type="checkbox"/> Call/write to one person to share with them the positive impact that they have had on your life
<input type="checkbox"/> Review your daily/nightly routine and make it better	<input type="checkbox"/> Start a healthy habit and continue it for one week	<input type="checkbox"/> Recognize student achievement	<input type="checkbox"/> Reach out to someone that you haven't connected with in some time
<input type="checkbox"/> Find a passion project/create one	<input type="checkbox"/> Participate in district-sponsored activities (PIYO, Yoga, Zumba)	<input type="checkbox"/> Call/write to an employee or co-worker to celebrate and recognize them	<input type="checkbox"/> Give 5 compliments
<input type="checkbox"/> Write in your activity:	<input type="checkbox"/> Exercise the way you love to for 30 minutes	<input type="checkbox"/> Call/write to a parent to celebrate a student and recognize them	<input type="checkbox"/> Actively listen to what your friend/partner/coworker is saying even if it doesn't interest you
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 #2 is from March 2nd – March 15th (All Leg #1 Passports are due to Kristi Farrell by March 20th)