

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

The "Let's Go To Tokyo" Committee is very happy with your accomplishments thus far! Remember, there is always time to add staff to your team to get to Tokyo (9,588 miles)! Leg #3 has us stopping at Black Sand Beach (Hawaii island, HI-2,556 miles) to get some much needed wellness breaks in for all of your hard work. Encourage your friends to join you in checking off as many activities below! The school in the lead for this leg receives special prizes and recognition!!!



**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"/> Color a page in a coloring book	<input type="checkbox"/> Get 6-8 hours of sleep each day for 5 days	<input type="checkbox"/> Tell someone what you appreciate about them	<input type="checkbox"/> Perform an act of kindness
<input type="checkbox"/> Complete a Sudoku, Crossword, or word search	<input type="checkbox"/> Try a new exercise class	<input type="checkbox"/> Make time for someone you have been meaning to contact	<input type="checkbox"/> Ask someone what you can do for them
<input type="checkbox"/> Play a game	<input type="checkbox"/> Go hiking, snowshoeing, skiing, skating, or sledding	<input type="checkbox"/> Watch an uplifting video or read an uplifting article	<input type="checkbox"/> Watch a funny video that makes you laugh
<input type="checkbox"/> Have a screen free evening for three days	<input type="checkbox"/> Pack your own lunch every day for 5 days	<input type="checkbox"/> Write in	<input type="checkbox"/> Find one thing in your life you want to change and make a plan to accomplish that
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 #3 is from March 16<sup>th</sup> – March 29<sup>th</sup> (All Leg #3 Passports are due to Kristi Farrell by April 3<sup>rd</sup>)**