

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

The RSU 18 world is so proud of you! Our last leg of the Road To Tokyo challenge brings us to National Olympic Stadium (Shinjuku City, Tokyo, Japan- 3,859 miles). Our four leg challenge has led you through many iconic places along your journey, but wait...you're not done yet! We are cheering for you to bring home the gold for your team! Remember, the staff that accomplishes the most will receive a special prize for their efforts....keep up the great work!



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"/> Set goals for the day for a week (5 days)	<input type="checkbox"/> Eat a fruit AND vegetable every day for five days	<input type="checkbox"/> Enter a room with an infectious smile	<input type="checkbox"/> Screen-free mealtime for 5 days
<input type="checkbox"/> Schedule time for you and follow through for 3 days	<input type="checkbox"/> Exercise for 30 minutes	<input type="checkbox"/> Listen to your favorite song	<input type="checkbox"/> Do a chore/duty for someone
<input type="checkbox"/> Create or listen to a podcast	<input type="checkbox"/> Drink only unsweetened beverages for 5 days	<input type="checkbox"/> Call a friend to check in on how they are doing	<input type="checkbox"/> Meet a deadline
<input type="checkbox"/> Organize/de-clutter a space	<input type="checkbox"/> Stretch for 15-minutes 3 days a week	<input type="checkbox"/> Tweet/post 3 positive experiences to #WeAreRSU18	<input type="checkbox"/> Write-in your activity:
Total:	Total:	Total:	Total:

BONUS: Connect with a student or a member of the RSU 18 staff during the Coronavirus pandemic



Print Your Name: _____ School: _____



The final leg runs from is from March 30th – April 12th

(All Leg #4 Passports are due to Kristi Farrell by April 17th)