

Commit to be fit **summer** **of fun** 2023



Commit to Be Fit is challenging YOU to be more ACTIVE and have lots of FUN this summer!

This challenge is open to the entire Rappahannock community and runs from June 1- July 31st.

Details: To participate, log all the fun activities that you do on our scorecard. For each activity you complete, you will be entered into our prize drawing. For example, if you complete 10 activities, you will be entered into the drawing 10 times. You will receive a bonus point if a photo is posted on our *C2BF Summer of Fun 2023 GROUP* page (*Kids must have parents post this*).

Submit scorecard totals at www.rappc2bf.com/summer-challenge by Wednesday, August 3rd.



PRIZES

Adult Category (Ages 16 and up)

C2BF Duffle Bag

Resistance Band Set



Youth Category (Ages 15 and under)

C2BF Hat

Reaction Ball



Prize Drawing Details: Four (4) winners will be randomly drawn for prizes. First name drawn in our adult category (16 or older will receive the duffle bag. The second adult drawn will receive the resistance band set. In our youth category, ages 15 and under, the first name drawn will receive the hat. The second name drawn in our youth category will receive the reaction ball.



SCORECARD

NAME: _____

AGE CATEGORY (circle one): 16 or older (adult) 15 or under (youth)

Activity	Date	Pic?	Total Points	Activity	Date	Pic?	Total Points
Adventure run				Racquetball			
Amusement park				Road race			
Badminton				Rock climbing			
Backyard game				Roller skating/blading			
Baseball/softball				Scuba diving			
Basketball				Snorkeling			
Biking/cycling				Spelunking (including cavern tours)			
Bocce ball				Surfing			
Camping				Swimming			
Canoeing				Tennis			
Circuit training				Trail running			
Cornhole				Trampoline			
Disc Golf				Tubing			
Fishing				Volleyball			
Football				Walk/run on beach			
Frisbee				Wakeboarding			
Gardening				Walking tour (any kind)			
Golfing				Water aerobics			
Group exercise class				Water skiing			
Hiking- Appalachian T.				Water volleyball			
Hiking- Little Devil's				White water rafting			
Hiking- Old Rag				Yoga			
Hiking- Mary's Rocks				Zip lining			
Hiking- White Oak				Zoo trip			
Hiking- Any other trail				Other:			
Hiking- Any other trail				Other:			
Horseback riding				Other:			
Horseshoes				Other:			
Kayaking				Other:			
Orienteering				Other:			
Miniature golf				Other:			
Mountain biking (off road)				Other:			
Paddle boarding				Other:			
TOTAL POINTS				TOTAL POINTS			

Submit scorecard grand total at www.rappc2bf.com/summer-challenge by 8/3/23. **GRAND TOTAL POINTS:** _____

Playing as a family? AWESOME! When it's time to report grand total points, please be sure to include the name and age category for everyone that participated in order to be entered into prize drawing.