



# It's May: Go Outside & Play!

## commit to be fit

Join the Commit to Be Fit May Challenge. **To participate, go outdoors and engage in physical activity. Anything that requires movement counts!** Ex. walking, bike riding, backyard games, gardening, hiking, golf, etc. Check out the attached activity log to record your activities. For each day you complete an activity, you will receive one entry into our prize drawing (ex. 8 days = 8 entries). At the end of the month, visit [www.rappc2bf.com/may-challenge](http://www.rappc2bf.com/may-challenge) to enter our prize drawing. Entries must be received by June 5<sup>th</sup>. This fun challenge is open to everyone in Rappahannock County. **Complete as an individual (18 years or older) OR as a family (all ages). Challenge runs from May 1<sup>st</sup>- May 31<sup>st</sup>.**



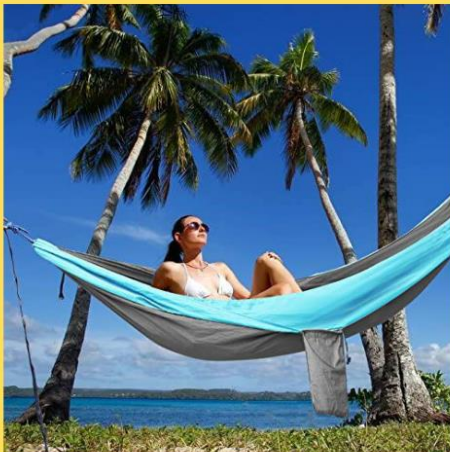
**Join our C2BF May Challenge FB group!** Feel free to post photos of your fun adventures and outdoor activities. However, this is not required. The link to the FB group can be found by visiting our website. Not on FB? Email your pic to [hjenkins@rappahannockschoos.us](mailto:hjenkins@rappahannockschoos.us) and we will post on your behalf. *Commit Club participants--For each post shared between May 1<sup>st</sup>- May 11<sup>th</sup>, you will receive 1 Commit Club point.*

## Prize: Outdoor Adventure Package

Travel Hammock

2- One Tube Trip from  
Shenandoah River Outfitters

Adult Kite





# May Challenge Activity Tracker

DATE	ACTIVITY
Mon. May 1	
Tues. May 2	
Wed. May 3	
Thurs. May 4	
Fri. May 5	
Sat. May 6	
Sun. May 7	
Mon. May 8	
Tues. May 9	
Wed. May 10	
Thurs. May 11	
Fri. May 12	
Sat. May 13	
Sun. May 14	
Mon. May 15	
Tues. May 16	
Wed. May 17	
Thurs. May 18	
Fri. May 19	
Sat. May 20	
Sun. May 21	
Mon. May 22	
Tues. May 23	
Wed. May 24	
Thurs. May 25	
Fri. May 26	
Sat. May 27	
Sun. May 28	
Mon. May 29	
Tues. May 30	
Wed. May 31	
<b>Total Days:</b>	

*Be sure to enter prize drawing by June 5<sup>th</sup>. Visit [www.rappc2bf.com/may-challenge](http://www.rappc2bf.com/may-challenge).*