## **FACT Oregon All Ability Tri4Youth Virtual Family Fitness Challenge**

## **Activity Log Directions:**

1. [Register](https://runsignup.com/allabilitytri4youthvirtual) for the Virtual Challenge (<https://runsignup.com/allabilitytri4youthvirtual>).
2. Save this form to your computer, phone or Drive and complete the following fields:

Name of Participant(s): Click or tap here to enter text.

Mailing address: Click or tap here to enter text.

Email or phone: Click or tap here to enter text.

1. Choose and complete 10 different activities by October 1, 2022.
2. Mark complete activities with an X in the checkbox. If “other,” write a short description.
3. Email completed form(s) to [tri4youth@factoregon.org](mailto:tri4youth@factoregon.org), or mail it to FACT Oregon, 2475 SE Ladd Ave., Ste 430, Portland, OR 97232.
4. We’ll send you some cool gadgets and a t-shirt, per your request when you registered.

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| Activity Type | Choose Your Activity |
| Run Run with solid fill | ☐Run in place for 250 steps  ☐Do 2 sets of 25 knee lifts (raise knee to elbow)  ☐Run outside for 2.5 miles  ☐Other: Click or tap here to enter text. |
| Bike Cycling with solid fill | ☐Bike/wheel/scoot for 25 minutes  ☐Pedal your legs or arms in the air 250 times  ☐Take a family bike ride!  ☐Other: Click or tap here to enter text. |
| Swim | WaterSwimming with solid fill | ☐Do 250 front crawl arm strokes in the air  ☐Run through a sprinkler 250 times  ☐Swim at the local pool  ☐Other: Click or tap here to enter text. |
| Pull | Push Box trolley with solid fill | ☐Pull/push a wagon or shopping cart for 25 minutes  ☐Do 25 pushups  ☐Pull on an exercise band 250 times  ☐Other: Click or tap here to enter text. |

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| Activity Type | Choose Your Activity |
| Climb Upstairs with solid fill | ☐Walk/scoot up a flight of stairs 25 times  ☐Do a forearm crawl across the the room  ☐Climb on a jungle gym or rock wall  ☐Other: Click or tap here to enter text. |
| Squeeze | ☐Squeeze a ball between knees 25 times  ☐Squeeze water out of a washcloth 25 times  ☐Make fresh-squeezed lemonade  ☐Other: Click or tap here to enter text. |
| Swing | Rock Golf with solid fill | ☐Swing a bat or golf club 25 times  ☐Rock side to side 25 times  ☐Swing your arms front and back for 25 minutes  ☐Other: |
| Stretch Yoga with solid fill | ☐Hold 3 different stretches for 25 seconds each  ☐Play "Head, Shoulders, Knees and Toes"  ☐Take a yoga class  ☐Other: Click or tap here to enter text. |
| Free Play Seesaw with solid fill | ☐Play frisbee, tag, or ring toss with friends  ☐Play with friends at the local park  ☐Go Geo Caching or Letter Boxing  ☐Other: |
| Jump | Bounce Skipping Rope with solid fill | ☐Jump or bounce 250 times  ☐Play hopscotch  ☐Jump at a trampoline park  ☐Other: Click or tap here to enter text. |
| Dance Dance with solid fill | ☐Dance to your favorite songs for 25 minutes  ☐Learn a new dance move on TikTok  ☐Take a community dance class  ☐Other: |
| Walk | RollWheelchair with solid fill | ☐Walk or roll outside for 25 minutes  ☐Go on a 2.5 mile hike  ☐Do a Park Roll or Stroll event  ☐Other: Click or tap here to enter text. |