

# Paul Chiropractic's 2022 Summer Challenge

Complete 55 of these boxes, return by August 26<sup>th</sup>! *\*Parent must sign off on EACH box once completed*

Read 1 book	Take a picture of sea life	20 jumping jacks	Played outside 1 hour	Attend the 4H Fair	Blow bubbles	Eat 1C fresh veggies	Eat asparagus	Play tag or hopscotch	Play an instrument	Get a drink from Hometown Hub
Play a card game	Hike part of the Ice Age Trail	Take pic of a wild animal	Visit a petting zoo	Go Fishing	Wipe the counters	Visit the Library	Go for a bike ride	Build a sand sculpture	Do a scavenger hunt	Pick berries at a farm
20 min exercise	Read a book to someone	Go swimming	Sit by a bonfire	Play a boardgame	Make fresh orange juice	Drink 8 glasses of water	Sculpt something	Make a paper airplane	Camp out	Go to the Farmer's Market
Go fishing	Ride your bike	Read 1 book	Trace your body with chalk	Climb a tree	Have or go to a BBQ	20 sit ups	Sweep the floor	Jump Rope 100 x's	Read 1 book	Lay in a hammock
Attend the Janesville Town Square Grand Prix Bike Race	Make a fort	Stargaze	Play outside with a parent	Play hop scotch	Do the dishes	Toss a frisbee	Make a rock garden	Make a how-to video	Dance in the rain	Taste something new
Do your own laundry	Memorize your favorite song	Learn Something New!	Howl at the moon	Read 1 book	Catch a toad/frog	Clean your room!	Try something new to eat	Make popsicles	Have a picnic	Do a random act of kindness
Make a video	Taste a fresh herb	Make an obstacle course	Go kayaking	Have a dance party	Visit the Bubbler Splash Pad	Eat 1 Cup fruit	Read 1 book	Try origami	20 push ups	Create a play
50 push ups	Volunteer	30 burpees	Make a bird feeder	Make balloon animals	Clean your room	Write a story	Donate your old toys	Attend a Music at the Marv Concert!	Bike around your neighborhood	Fly a kite
Write a letter & mail it	Cook a meal for your family	Learn a word in a new language	20 min exercise	Find animals in the clouds	Bake cookies	Cook for the family	Play with a parent for 30 minutes	Learn to spell your name in sign language	Get lunch at a food truck	20 sit ups
Visit Riverside Splash Pad	Read 1 book	Visit the Farmer's market	Played outside 1 hour	Eat a salad	Read 1 book	Eat 1 cup fruit	Take a hike	Make flashlight puppets	Plant a tree or flower	Read 1 book

# Paul Chiropractic's Summer Challenge 2022!

## What is it?

The summer challenge is an opportunity for children that want to get outside to explore, exercise, read, and do activities with their family and friends during the summer months. We've all been cooped up for way too long, it's time to have some fun!

This **FREE challenge** is available to everyone to print out and do on your own!

If you'd like the chance for your child be entered to **win a \$100 Gift Card to Target** we invite you to officially register your child. See registration details below.

**Tag us @PaullChiropracticAtRiversEdge on Facebook for more chances to win!**

## Who is it for?

All ages under 18 are welcome to participate. Challenge your friends and siblings and see who gets to the **55** goal first!

## When do we play?

Participants who register may start **June 6, 2022** or later. Challenge Grids must be **turned in by August 26, 2022**.

## How do we play?

1. Print the challenge grid
2. **Complete AT LEAST 55 tasks** from **June 6 - August 26** by having a parent or guardian initial each completed square. Be sure to HAVE FUN!
3. **Winner of the gift card will be chosen Monday, August 29<sup>th</sup>.**

## How do I register my child?

1. **Download the Challenge Grid** or pick up at the office, and let the games begin!
2. Call the front desk **608-754-8977** & mention that you'd like to enter your child into the contest, OR message our Paull Chiropractic Facebook page, OR email us [paulchiro14@gmail.com](mailto:paulchiro14@gmail.com)
3. **Return** the finished grid either by physically dropping it off at the office, or mailing it to Paull Chiropractic, 111 N Main St., Suite 100, Janesville, WI 53545 **on or before August 26<sup>th</sup>**. All Challenge Grids must be received by August 26<sup>th</sup>.
4. **Please clearly write your child's name and your phone number on the top right corner of the Challenge Grid**
5. The drawing will take place Monday, August 29<sup>th</sup>. And we will contact the winner shortly after.
6. **Please be honest and fair!**