
















Get Outdoors Challenge

Worksheet

Directions: Use this worksheet to help find ways to get outdoors.

Note: This worksheet is for personal use only.

Week	Task	Notes	Rate Your Enjoyment
1	<p>Aim for 5-15 minutes of sunshine each day. Consider going on a walk, getting out in the garden, doing yoga outside, etc.</p>		<p>  = Enjoyed!  = Neutral  = Did not enjoy </p> <p>    </p>
2	<p>Get active outdoors. Go on a bike ride, go for a hike, swim, do an outdoor workout, etc.</p>		<p>    </p>
3	<p>Practice sun safety. Wear sunscreen, stay hydrated, wear a hat, be temperature aware, etc.</p>		<p>    </p>
4	<p>Try a new-to-you outdoor activity. Try disc golf, hiking, kayaking, bird watching, etc.</p>		<p>    </p>

Please let us know you participated and what you learned during this challenge:

https://stateofennessee.formstack.com/forms/wfhtn_get_outdoors_challenge_submission