

BEEF FOR STRENGTH



summer challenge

Directions: Print out this card and mark off the squares as you complete the tasks below. Submit your card by August 19, 2020 for the chance to win a prize. We can't wait to see how you get active with Mo Beef Mo Kids this summer!

 <p><i>race a family member</i></p>	 <p><i>play a game with a ball</i></p>	 <p><i>complete the scavenger hunt*</i></p>	 <p><i>draw a farm scene with a cow</i></p>	 <p><i>have a dance party</i></p>
 <p><i>have a water fight</i></p>	 <p><i>clean your room</i></p>	 <p><i>go for an outdoor walk</i></p>	 <p><i>find a constellation in the sky</i></p>	 <p><i>submit a photo doing one of these tasks**</i></p>
 <p><i>read a book</i></p>	 <p><i>complete the name workout*</i></p>	<p>free space</p>	 <p><i>camp out in a tent</i></p>	 <p><i>make an obstacle course</i></p>
 <p><i>make something for someone</i></p>	 <p><i>catch lightning bugs</i></p>	 <p><i>help cook a beefy meal</i></p>	 <p><i>play a game of tag</i></p>	 <p><i>color a picture of your favorite beef meal</i></p>
 <p><i>like a cow, eat something green</i></p>	 <p><i>complete the fitness word search*</i></p>	 <p><i>help someone with a chore</i></p>	 <p><i>conduct a science experiment</i></p>	 <p><i>go to the grocery store</i></p>

Disclaimer: Cooking and exercise tasks require adult supervision.

*separate attachment **submit to donell@mobeef.com - to be used on social media unless otherwise noted by participant.