



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 15, 2021 for the chance to win a prize. We can't wait to see how you get active with Mo Beef Kids this summer!

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

Disclaimer: Cooking and exercise tasks require adult supervision.

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