


# Less Screen. More Green. 30-day Challenge

Spend at least 30 minutes outside in nature every day to boost your well-being!  
Check off each day that you spend time outside, then fill out the back and turn it in.  
You can try one of the nature activities or create your own.



NAME: \_\_\_\_\_

AGE: \_\_\_\_\_

<p>DAY 1</p>  <p>Go on a nature walk.</p>	<p>DAY 2</p> <p>Find a butterfly.</p>	<p>DAY 3</p> <p>Find shapes in the clouds.</p>	<p>DAY 4</p> <p>Visit a local park.</p>	<p>DAY 5</p> <p>Listen to birds singing.</p>
<p>DAY 6</p> <p>Draw shapes in the dirt.</p>	<p>DAY 7</p> <p>Journal or draw outside.</p>	<p>DAY 8</p> <p>Watch ants work.</p>	<p>DAY 9</p> <p>Look for mushrooms.</p>	<p>DAY 10</p> <p>Eat a meal outside.</p>
<p>DAY 11</p> <p>Create shapes with sticks.</p>	<p>DAY 12</p> <p>Sit quietly under a tree.</p>	<p>DAY 13</p> <p>Smell a flower.</p>	<p>DAY 14</p> <p>Find 3 living things that are yellow.</p>	<p>DAY 15</p> <p>Play a game outside.</p>
<p>DAY 16</p> <p>Listen to the wind.</p>	<p>DAY 17</p> <p>Watch the sunset.</p>	<p>DAY 18</p> <p>Find the biggest leaf.</p>	<p>DAY 19</p> <p>Find the smallest leaf.</p>	<p>DAY 20</p> <p>Walk with a friend.</p>
<p>DAY 21</p> <p>Make art with leaves &amp; sticks.</p>	<p>DAY 22</p> <p>Look for circles in nature.</p>	<p>DAY 23</p> <p>Walk after dinner.</p>	<p>DAY 24</p> <p>Find a creature that crawls.</p>	<p>DAY 25</p> <p>Focus on breathing deeply.</p>
<p>DAY 26</p> <p>Walk barefoot on grass.</p>	<p>DAY 27</p> <p>Notice 5 things around you.</p>	<p>DAY 28</p> <p>Visit a community garden.</p>	<p>DAY 29</p> <p>Stretch in the fresh air.</p>	<p>DAY 30</p> <p>Find a colorful rock.</p>

# Complete this page & turn in your tracker!

Your completed tracker helps your neighborhood earn points toward funding for community-based projects and programs. To help your neighborhood get credit, please fill out this page before you turn in your tracker.

**circle one**



## I want my tracker to be counted for...

Brentwood

Eastside

New Town

Springfield

**Reflection Prompts: Write or draw your responses below.**

When I spend time outside, I feel...

My favorite memory or activity from this challenge was...



**To turn in your tracker:**

Bring it to one of the designated drop-off locations. Scan the QR code to find locations and details about the neighborhood projects.

[projectonehealth.org/challenge](https://projectonehealth.org/challenge)