



Health Olympian Spring Challenge 2020



Girl Scouts of Citrus is challenging girls everywhere to participate in our Spring 2020 Council Challenge. From April 1st thru May 31st, 2020 we are challenging Girl Scouts (families can join in the activities) to complete the required amount of activities for their grade level. Once completed email your completed checklist to customercare@citrus-gs.org to receive your Health Olympian Patch! No cost for GSC girl members. \$3.00 per patch for out of Council girls

<input type="checkbox"/> 1. Look up the best ways to meditate	<input type="checkbox"/> 22. Measure how many pushups you can do for 30 seconds	<input type="checkbox"/> 43. Make an awesome workout playlist
<input type="checkbox"/> 2. Try 5 yoga poses	<input type="checkbox"/> 23. Learn the 4 strokes of swimming	<input type="checkbox"/> 44. Learn to properly wash your hands
<input type="checkbox"/> 3. Stretch with a family member	<input type="checkbox"/> 24. Get a full night's rest for at least 7 days in a row	<input type="checkbox"/> 45. Create your very own spa day at home
<input type="checkbox"/> 4. Meditate in a quiet area for 5 minutes	<input type="checkbox"/> 25. Investigate healthy weight (Click Video)	<input type="checkbox"/> 46. Change your alarm to your favorite song
<input type="checkbox"/> 5. Eat 3 types of vegetables	<input type="checkbox"/> 26. Track your steps for one week using a pedometer	<input type="checkbox"/> 47. Research what community sport have girl teams
<input type="checkbox"/> 6. Try 3 uncommon fruits	<input type="checkbox"/> 27. Learn the correct portion sizes for food	<input type="checkbox"/> 48. Create a family obstacle course and have some outside playtime
<input type="checkbox"/> 7. Drink 8 cups of water in one day	<input type="checkbox"/> 28. Create a healthy meal from scratch (Click Video)	<input type="checkbox"/> 49. Learn how to read nutrition labels (Click Video)
<input type="checkbox"/> 8. Brush & floss your teeth twice a day for one week	<input type="checkbox"/> 29. Find out the five main food groups	<input type="checkbox"/> 50. Learn about doctors that focus on women's health
<input type="checkbox"/> 9. Share with your family what makes you happy, angry and sad	<input type="checkbox"/> 30. Research different types of apples and try each one	<input type="checkbox"/> 51. Find out the test that help woman stay healthy
<input type="checkbox"/> 10. Do 35 bicycle crunches	<input type="checkbox"/> 31. Read success stories on people who used video games to lose weight	<input type="checkbox"/> 52. Find out how fads and beauty practices impact health
<input type="checkbox"/> 11. Play jump rope (Try Double Dutch!)	<input type="checkbox"/> 32. Find out what vitamins A, C, D, E, K & B do for the body	<input type="checkbox"/> 53. Focus on techniques to help you stay emotionally healthy
<input type="checkbox"/> 12. Learn about healthy body temperatures	<input type="checkbox"/> 33. Write a paragraph about a female Olympian	<input type="checkbox"/> 54. Take a closer look at a woman's health issue
<input type="checkbox"/> 13. Learn about what a dentist is (Click Video)	<input type="checkbox"/> 34. Measure the amount of sugar in 3 different sodas or juice	<input type="checkbox"/> 55. Practice learning a new language
<input type="checkbox"/> 14. Research what Title IX means for students	<input type="checkbox"/> 35. Learn the history of the Olympics	<input type="checkbox"/> 56. Learn to dinosaur stomp! (Click Video)
<input type="checkbox"/> 15. Teach your family your favorite sport	<input type="checkbox"/> 36. Create a healthy smoothie at home using your favorite ingredients (Click Video)	<input type="checkbox"/> 57. Learn the therapeutic benefits of laughter
<input type="checkbox"/> 16. Learn 5 benefits of essential oils	<input type="checkbox"/> 37. Go a whole day without using a smart phone or internet	<input type="checkbox"/> 58. Learn about sports in 5 different countries
<input type="checkbox"/> 17. Try a karate class like a ninja (Click Video)	<input type="checkbox"/> 38. Learn why to stop comparing yourself to others	<input type="checkbox"/> 59. Explore how your diet effects your stress level
<input type="checkbox"/> 18. Practice dynamic stretching	<input type="checkbox"/> 39. Plan your meals for one week	<input type="checkbox"/> 60. Know how good nutrition helps your body stay healthy
<input type="checkbox"/> 19. Find five steps to good health prevention	<input type="checkbox"/> 40. Research and choose healthy options at your favorite fast food restaurant.	<input type="checkbox"/> 61. Learn some basic dance moves (Click Video)
<input type="checkbox"/> 20. Find out your Body Mass Index (BMI)	<input type="checkbox"/> 41. Make overnight oatmeal (Click Video)	<input type="checkbox"/> 62. Learn the health benefits of different teas
<input type="checkbox"/> 21. Learn about food allergies	<input type="checkbox"/> 42. Create salad in a jar	<input type="checkbox"/> 63. Discover a new way to be the best you, you can be

Girl Name: _____ 2019-2020 Grade: _____ Service Community: _____
 Parent Name: _____ Phone Number : _____ Council: _____
 Contact Email: _____ Address: _____

NUMBER OF ACTIVITIES REQUIRED PER GRADE LEVEL					
DAISY	BROWNIE	JUNIOR	CADETTE	SENIOR	AMBASSADOR
20	25	30	35	40	45