

From June 1ST until Sept 1ST
complete the required
amount of activities for
your grade level.

Daisy – 10
Brownie – 15
Junior – 20
Cadette – 25
Senior 25
Ambassador – 25



- ☐ 1. Look up the best ways to meditate
- ☐ 2. Measure how many push-ups you can do for 30 seconds
- ☐ 3. Make an awesome workout playlist
- ☐ 4. Try yoga poses
- ☐ 5. Learn the strokes of swimming
- ☐ 6. Learn to properly wash your hands
- ☐ 7. Stretch with a family member
- ☐ 8. Get a full night's rest for at least 3 nights in a row
- ☐ 9. Create your very own spa day at home
- ☐ 10. Meditate in a quiet area for 10 minutes
- ☐ 11. Eat 5 different types of vegetables
- ☐ 12. Learn all Seven continents
- ☐ 13. Track your steps for one week using a pedometer
- ☐ 14. Change your alarm to your favorite song
- ☐ 15. Research what sports in your community have girl teams
- ☐ 16. Try 3 uncommon fruits
- ☐ 17. Learn the correct portion sizes for food
- ☐ 18. Create a family obstacle course and have some outside playtime
- ☐ 19. Drink 8 cups of water in one day
- ☐ 20. Learn the seven wonders of the world

- ☐ 21. Create a game anyone can play
- ☐ 22. Brush & floss your teeth twice a day for one week
- ☐ 23. Find out the five main food groups
- ☐ 24. Learn about doctors that focus on women's health
- ☐ 25. Share with your family what makes you happy, angry, and sad
- ☐ 26. Learn how to determine your distance from a lightning strike during a storm
- ☐ 27. Research different types of apples and try each one
- ☐ 28. Find out the test that help woman stay healthy.
- ☐ 29. Learn about your family heritage.
- ☐ 30. Read success stories on people who used video games to lose weight
- ☐ 31. Find out how fads and beauty practices impact health
- ☐ 32. Play jump rope (Try Double Dutch!)
- ☐ 33. Learn about healthy body temperatures
- ☐ 34. Try a healthy cuisine from another country
- ☐ 35. Find out what vitamins A, C, D, E, K & B do for the body
- ☐ 36. Write a paragraph about a female Olympian
- ☐ 37. Measure the amount of sugar in different sodas or juice
- ☐ 38. Focus on techniques to help you stay emotionally healthy
- ☐ 39. Take a closer look at a woman's health issue
- ☐ 40. Practice learning a new language
- ☐ 41. Research what "Title IX Education" means for students

- ☐ 42. Learn the history of the Olympics
- ☐ 43. Teach your family your favorite sport
- ☐ 44. Memorize your parent / guardians' phone number
- ☐ 45. Learn benefits of essential oils
- ☐ 46. Make a dessert healthier
- ☐ 47. Create your unique smoothie
- ☐ 48. Go a whole day without using a smart phone or internet
- ☐ 49. Learn why to stop comparing yourself to others.
- ☐ 50. Learn the therapeutic benefits of laughter
- ☐ 51. Learn about sports in different countries
- ☐ 52. Explore how your diet effects your stress level
- ☐ 53. Practice dynamic stretching
- ☐ 54. Plan your meals for one week
- ☐ 55. Know how good nutrition helps your body stay healthy
- ☐ 56. Find five steps to good health prevention
- ☐ 57. Find out your Body Mass Index (BMI)
- ☐ 58. Research and choose healthy options at your favorite fast-food restaurant
- ☐ 59. Learn the health benefits of different teas.
- ☐ 60. Learn about food allergies



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