



## The Great Pumpkin Challenge



*Are you up for October's Great Pumpkin Challenge? Studies have shown that if you sit and watch TV all day, you turn into a pumpkin! The only way to prevent that is to get out and get active! During at least 28 days of October, you need to be active at least 30 minutes every day. You can get out and go running, walking, ride your bike, play a game, or anything that you like to do in order to stay fit. If you exercise for 30 minutes each day, you must color in 1 pumpkin on this sheet. Once you have all the pumpkins colored in, turn in this sheet to Mr. H by the stroke of midnight on October 31<sup>st</sup> or else you will turn into a pumpkin! Please only color in one pumpkin per day. Try and get your family members active too! Complete this challenge and get a prize!*

