



Color in the bubbles each time you do an activity.

EXAMPLE

WEEK 1
JANUARY 15-20

WEEK 2
JANUARY 21-27

WEEK 3
JAN 28-FEB 3

WEEK 4
FEBRUARY 4-10

WEEK 5
FEBRUARY 11-17

WEEK 6
FEBRUARY 18-23

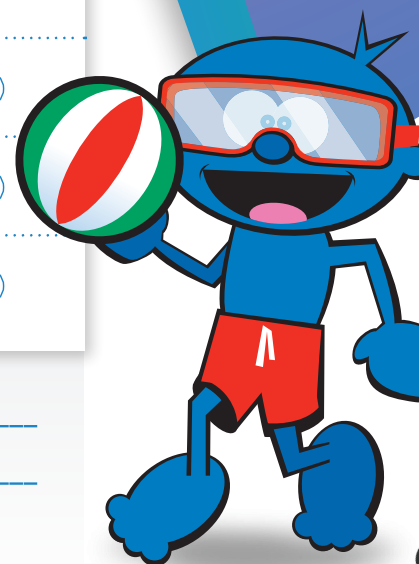
Do **5** fitness activities every week for **6** weeks and earn a voucher for **1** complimentary admission ticket to Go!Kids Challenge Day at SeaWorld San Antonio on May 20!



University Health System
GO!KIDS CHALLENGE
POWERED BY SAN ANTONIO SPORTS



PLAY SPORTS 30 MINUTES	PLAY OUTSIDE 30 MINUTES	RUN OR WALK 25 MINUTES	JUMPING JACKS 10 MINUTES	JUMPING ROPE 10 MINUTES	PUSH-UPS 20 REPETITIONS	DROPPED WATER AFTER EXERCISE	ATE FRUITS & VEGETABLES EVERY DAY
● ○ ○	● ● ○	● ● ●	● ● ○	○ ○ ○	● ○ ○	●	●
○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○	○
○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○	○
○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○	○
○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○	○
○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○	○



Turn this in to your teacher by March 2!

Name _____ Grade _____

School _____ Family Member's Signature _____

Teacher Name _____



COME READY TO PLAY!

March 30 – April 2
Henry B. González Convention Center
Kids 12 & under free

ONE COMPLIMENTARY
GENERAL ADMISSION TICKET
(Value: \$10)

For entry, cut out and redeem this voucher for a Fan Fest ticket at the box office located in the Henry B. González Convention Center.

NCAA.com/FinalFour

*Subject to availability. One voucher per person. Nontransferable. No Cash Value. This voucher is restricted to the exclusive use of Go!Kids Challenge powered by San Antonio Sports participants only. Voucher is valid for only one day.

NCAA® and Final Four® are trademarks of the NCAA. All other trademarks are property of their respective holders.



GO!KIDS - LET'S DRIBBLE!
Sunday, April 1 • 3 p.m.
Institute of Texan Cultures

The first 3,000 kids to pre-register
 for the Final Four® Dribble get:

- A free basketball
- Free t-shirt
- Free family entry to
 Final Four® Fan Fest per registered dribbler

Register now at NCAA.com/FinalFour
 Spots are limited and available on
 a first come, first served basis.



University Health System
GO!KIDS CHALLENGE
 POWERED BY SAN ANTONIO SPORTS
It's for the whole family!

Being physically active and eating healthy food is fun, but it isn't just for kids. That's why we're encouraging parents and children to motivate each other in the University Health System Go!Kids Challenge™, powered by San Antonio Sports.

For six weeks, kids track their daily activity in this log. At the end of the program, turn in the completed activity log – including a family member's signature – at school.

Every child who turns in a completed log will receive a voucher good for one complimentary admission ticket to the Go!Kids Challenge Day at SeaWorld San Antonio!*



Go!Kids Challenge Day at SeaWorld San Antonio
 Sunday, May 20
 Admission tickets valid all day
 Additional guest ticket can be purchased for \$29, and will include parking valued at \$20.

*Restrictions apply. Approved program participants only. Admission tickets only valid on May 20, 2018 to SeaWorld San Antonio. Not valid at Aquatica®. Admission tickets are non-transferable. Parking not included with admission tickets. ©2018 SeaWorld Parks & Entertainment, Inc. All rights reserved.

A PROGRAM OF



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University Health System
GO!KIDS CHALLENGE
 POWERED BY SAN ANTONIO SPORTS
 JANUARY 15 - FEBRUARY 23



Kids & Families:
Be Active, Eat Healthy & Earn a
Voucher for One Complimentary
Admission Ticket to
Go!Kids Challenge Day at
SeaWorld® San Antonio on May 20!



*Every child who turns in a completed activity log earns a voucher for one single-day (May 20) complimentary admission and access to specially priced guest tickets to SeaWorld San Antonio on Go!Kids Challenge Day!**

Learn more at GoKidsChallenge.com