





FACT Oregon All Ability Tri4Youth Virtual Family Fitness Challenge

Activity Log Directions:

1. [Register](https://runsignup.com/allabilitytri4youthvirtual) for the Virtual Challenge (<https://runsignup.com/allabilitytri4youthvirtual>).
2. Save this form to your computer, phone or Drive and complete the following fields:
 Name of Participant(s):
 Mailing address:
 Email or phone:
3. Choose and complete 10 different activities by October 1, 2022.
4. Mark complete activities with an X in the checkbox. If “other,” write a short description.
5. Email completed form(s) to tri4youth@factoregon.org, or mail it to FACT Oregon, 2475 SE Ladd Ave., Ste 430, Portland, OR 97232.
6. We’ll send you some cool gadgets and a t-shirt, per your request when you registered.

Activity Type	Choose Your Activity
Run 	<input type="checkbox"/> Run in place for 250 steps <input type="checkbox"/> Do 2 sets of 25 knee lifts (raise knee to elbow) <input type="checkbox"/> Run outside for 2.5 miles <input type="checkbox"/> Other:
Bike 	<input type="checkbox"/> Bike/wheel/scoot for 25 minutes <input type="checkbox"/> Pedal your legs or arms in the air 250 times <input type="checkbox"/> Take a family bike ride! <input type="checkbox"/> Other:
Swim Water 	<input type="checkbox"/> Do 250 front crawl arm strokes in the air <input type="checkbox"/> Run through a sprinkler 250 times <input type="checkbox"/> Swim at the local pool <input type="checkbox"/> Other:
Pull Push 	<input type="checkbox"/> Pull/push a wagon or shopping cart for 25 minutes <input type="checkbox"/> Do 25 pushups <input type="checkbox"/> Pull on an exercise band 250 times <input type="checkbox"/> Other:

Activity Type	Choose Your Activity
Climb 	<input type="checkbox"/> Walk/scoot up a flight of stairs 25 times <input type="checkbox"/> Do a forearm crawl across the the room <input type="checkbox"/> Climb on a jungle gym or rock wall <input type="checkbox"/> Other:
Squeeze 	<input type="checkbox"/> Squeeze a ball between knees 25 times <input type="checkbox"/> Squeeze water out of a washcloth 25 times <input type="checkbox"/> Make fresh-squeezed lemonade <input type="checkbox"/> Other:
Swing Rock 	<input type="checkbox"/> Swing a bat or golf club 25 times <input type="checkbox"/> Rock side to side 25 times <input type="checkbox"/> Swing your arms front and back for 25 minutes <input type="checkbox"/> Other:
Stretch 	<input type="checkbox"/> Hold 3 different stretches for 25 seconds each <input type="checkbox"/> Play "Head, Shoulders, Knees and Toes" <input type="checkbox"/> Take a yoga class <input type="checkbox"/> Other:
Free Play 	<input type="checkbox"/> Play frisbee, tag, or ring toss with friends <input type="checkbox"/> Play with friends at the local park <input type="checkbox"/> Go Geo Caching or Letter Boxing <input type="checkbox"/> Other:
Jump Bounce 	<input type="checkbox"/> Jump or bounce 250 times <input type="checkbox"/> Play hopscotch <input type="checkbox"/> Jump at a trampoline park <input type="checkbox"/> Other:
Dance 	<input type="checkbox"/> Dance to your favorite songs for 25 minutes <input type="checkbox"/> Learn a new dance move on TikTok <input type="checkbox"/> Take a community dance class <input type="checkbox"/> Other:
Walk Roll 	<input type="checkbox"/> Walk or roll outside for 25 minutes <input type="checkbox"/> Go on a 2.5 mile hike <input type="checkbox"/> Do a Park Roll or Stroll event <input type="checkbox"/> Other: