

Print Clearly  
so we can easily  
read it!

NAME: \_\_\_\_\_

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Crook County  
**On The Move**  
Keep Moving Be Nourished Stay Refreshed



## Making Memories

## The Family Keep Moving Challenge

Invite a friend you haven't seen in a while to go for a walk	Run through the sprinklers – Mom or Dad can get wet too!	Hike on the CR National Grassland or the Ochoco National Forest	Try Yoga outside. (Learn yoga at Rumpus Studio -they have yoga just for kids this summer!)	Take a friend fishing at the Angler Pond or a favorite spot
Work in a yard or garden (Maybe help an older neighbor or grandparents?)	Use fresh local produce to make a salad for dinner.	Draw hopscotch on the sidewalk & invite a friend to play	Do the Kids in Parks activities at CR Wetlands, Rimrock or Barnes Butte Complex	Try a new healthy recipe. Post a pic! (see our favorites on our website)
Paint a rock and hide it for someone to find	Walk to the top of Barnes Butte – Don't forget the photo!	Like Crook County On The Move's facebook page	Grab a friend and Walk, Wog, Jog or Run with as a group	Turn off the TV and play outdoor games for the evening.
Walk to Picnic in the Park and enjoy the music. Maybe even have a family picnic!	Walk a dog or volunteer at the Humane Society	Kayak, Paddle Board, Swim, Water Ski or Wakeboard in Crook County	Take a group bike ride	Pick up litter while walking with a friend on the Ochoco Creek Trail
Discover a new trail in town	Drink 3 glasses of water today (one in the morning, noon & night)	Play Frisbee or Frisbee Golf. Your dog would love to play too!	Host a neighborhood walk	Join the Summer Reading Program at the Library

- **Go mobile** – Download the card at [CrookCountyOnTheMove.org/Keep-Moving](http://CrookCountyOnTheMove.org/Keep-Moving) or take a picture of the card. Track your progress by Editing the Photo and using the Pencil editor to “X” out your squares! Email the saved photo to us to enter into prize drawings.
  - Complete any **5 squares** for a chance to win prizes.  
(Need ideas? Use the resource list on our website -[CrookCountyOnTheMove.org/Keep-Moving](http://CrookCountyOnTheMove.org/Keep-Moving))
  - Complete more than one card to **increase your chances** (different activities must be completed).
  - Go for a **BLACKOUT** (all squares) to **enter the Grand Prize drawing**.
  - Take our pledge AND **sign up for our email list** at [www.CrookCountyOnTheMove.org](http://www.CrookCountyOnTheMove.org) for another chance to win. (Promise we won't fill your inbox.)
  - **Post pictures** on our Facebook Page for even more chances! [www.fb.com/CrookCountyOnTheMove](http://www.fb.com/CrookCountyOnTheMove)
  - **Turn cards in for prizes** at: **Via email** [info.ccotm@gmail.com](mailto:info.ccotm@gmail.com) or at these locations  
Good Bike Co | Chamber of Commerce | Prineville Athletic Club
- NOTE: Prizes cannot be mailed. But we will be happy to arrange prize pickup in town for you.*

#CrookCountyOnTheMove

