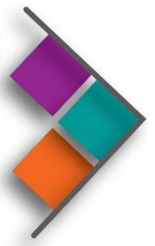


Print Clearly
so we can easily
read it!

NAME: _____
Phone: _____
Email: _____



Out & About Town

The June Keep Moving Challenge

Walk one of the routes on the new CCOTM walking map. It's on our website!	Walk, jog or bike one evening with a friend. Post & hashtag (see hashtag below)	Walk, jog or bike to the C.R.O.P. Farmer's Market. (Great source for local veggies and goods)	Hike Barnes Butte, Rimrock Park or Wetlands. (Check out the new KIDS IN PARKS kiosks.)	Picnic in the park or in the forest. Turn on the cell phone just long enough to post a Pic on our Page!
Walk or bike to work, shopping, dining, or have a walking meeting.	Walk with your neighbor or friend. Better yet- make a new friend!	Walk a historical house route in Bowman Museum's walking tour map	Log your walking/jogging miles for a week. Use Strava, Map My Fitness, or just a piece of paper!	Bike the new Crooked River Canyon Scenic Bikeway. Wear a helmet!.
Walk or bike to a community event and post a pic. We are on Instagram and Facebook!.	Say hello to fellow "Movers" when you are Out and About playing the Challenge.	Like our facebook page or share our Keep Moving posts.	Invite friends to Play the Keep Moving Challenge with you!	Invite a friend on a bike ride. (Join the Cruiser Riders at Crooked River Brewing)
Stretch out your muscles with some Yoga. (See our resource page for yoga classes.)	Walk or bike to the coffee shop or restaurant (Use our walking map for the distance)	Hike in the Forest or the grasslands. Watch for the "Find a Ranger" hikes on our facebook page)	Walk or jog the Ochoco Creek Trail -Remember to Share the Trail with others.)	Walk/jog with a group - Your friends, family or a group like P.O.R.K. or Walk with Ease
Kayak, Paddle Board, Swim, Water Ski or Wakeboard in Crook County.	Drink 3 large glasses of water today. (One in the morning, noon & evening)	Work in your yard or garden. (What about helping an older neighbor or grandparent with theirs?)	Walk 1, 2 or 3 miles Use the routes on the CCOTM walking map - Get yours on our website or at the Chamber!	Try a new healthy recipe. Post a pic on Facebook/Instagram. *Hashtag Crook County On the Move.

- **Go mobile** – Download the card at 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)
- 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 for another chance to win. (Promise we won't fill your inbox.)

#CrookCountyOnTheMove



➤ **Post pictures** on our Facebook Page for even more chances! www.fb.com/CrookCountyOnTheMove

➤ **Turn cards in for prizes** at: Via email 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.