



The

BIRONS CHALLENGE CHART

Stay Healthy. Stay Active. Stay Home.

1

Welcome to our Challenge Chart Competition 2020! Just because we are at home doesn't mean we can't or shouldn't be healthy and active. Use this time to work on your flexibility, strength, and conditioning. You can compete with your friends, but more importantly compete with yourself and who you were yesterday. Strive to be better each day, and stay active!

2

What's the Challenge?: Attached you will find the challenge chart. It lists eighteen different stretches or exercises that you can (and should) be doing at least every few days at home. Some of them have descriptions such as how long to hold them in seconds, or how many repetitions to do in a row. Once you hold the stretch for the suggested time, or complete the exercise's repetitions you have completed that challenge.

3

How Does It Work?: After you complete a challenge, have your parent initial in the first open column in that challenge's row. You may only complete each challenge once per day and have it count. The next day you can repeat your challenges, moving to the next level (from lvl 1 to lvl 2, for example), all the way up to level 15 for each. Remember though, no matter how many you do at once you can only mark off each challenge (row) once per day. You do not have to do all the challenges at one time or on the same day, so feel free to do some in the morning and some in the evening, or whenever you are bored!

4

What Are The Prizes?: At the top of the challenge chart you can see the level columns are combined into groups matching the colors of the Birons Star. Once you complete one of the color groups by filling in all the boxes within its border you will earn a prize. Check out the attached prize sheet to see what you'll get. But know this, if you complete all the color groups and all the challenges up to level 15, you will have your name immortalized on a special banner that will hang at the gym, plus an awesome t-shirt for your accomplishment!

WE ARE CHALLENGING YOU!!

Show Us How Awesome You Can Be!

BIRONS

Challenge

Complete each level and earn the
AWesome rewards below.

RED → **CERTIFICATE**

RIBBON ← **BLUE**

GREEN → **MEDAL**

TROPHY ← **PURPLE**

GOLD → **NAME ON
BANNER**

