



STAY FIT KIDS!

Free Summer Program Ages 3-12

Hey kids, if you're looking for a fun way to stay active this summer then check out this program! You must complete each of the four components: fitness, outdoor fun, nutrition, and good deeds. Once you have completed the checklist, turn it into the front desk and you will receive a free day pass to the Renaud Spirit Center or Alligator's Creek! Attached is a log sheet that needs to be used and turned in to track your day to day activities. Children are eligible for two day passes per month. For more information and to download the checklist visit us at www.renaudspiritcenter.com or contact the Renaud Spirit Center at (636) 474-2REC.

All four components must be completed in two weeks! Please fill all sections below and turn in completed checklist in order to get your free day pass to Alligator's Creek or the Renaud Spirit Center. Remember summer is a great time to Stay Fit Kids!

____/____/____ to ____/____/____
 Start date End date

 Participant Name Age



FITNESS: ✓ <ul style="list-style-type: none"> • Bike ride for 1hr _____ • 50 sit-ups _____ • Push-ups _____ • Run/walk for 1hr _____ 	OUTDOOR FUN: ✓ (2 hours must be completed in a park) <ul style="list-style-type: none"> • _____ • _____ • _____
GOOD DEEDS: ✓ (Two good deeds must be completed) <ul style="list-style-type: none"> • _____ • _____ • _____ 	NUTRITION: ✓ <ul style="list-style-type: none"> • Drink at least 12 oz. of water daily _____ • Eat at least one fruit daily _____ • Eat at least one vegetable daily _____

Ages 3-12 can participate anytime between Memorial Day—Labor Day.



STAY FIT KIDS DAILY LOG SHEET



Date	Length of time	Component	Activity/Nutrition
June 6	20min	Fitness	20 sit-ups
June 8	30min	Gold dea	Walked neighbor's dog
June 8	NA	Nutrition	apple
June 9	40min	Outdoor fun	Flew kite

EXAMPLES