

100-POINT

CHALLENGE



Earn points for completing activities listed below. You can do each activity as many times as you want. Can you get to 100 points by the end of the month? Each circle represents one point. Record your progress by coloring in the circles below!

1 POINT

- Spend time outside – walking, biking, etc.
- Practice your favorite skating skill
- Make a healthy post-exercise snack

3 POINTS

- Hold a 30-second plank
- Practice your most challenging skating skill
- Hydrate after a workout or skating practice

2 POINTS

- Do 15 minutes of cardio (running, jump rope, etc.)
- Practice a skating skill you recently mastered
- Complete the National Dynamic Warm-Up

4 POINTS

- Complete the Learn to Skate USA Sweat & Stretch Challenge
- Skate 11 laps around the rink (one mile)
- Get a good night's sleep

5 POINTS

- Go on a long walk or hike
- Go skating for at least 30 minutes
- Write down your skating or off-ice goals

TRACK YOUR POINTS BY COLORING IN THE CIRCLES BELOW

