Governor's Healthy Ohio

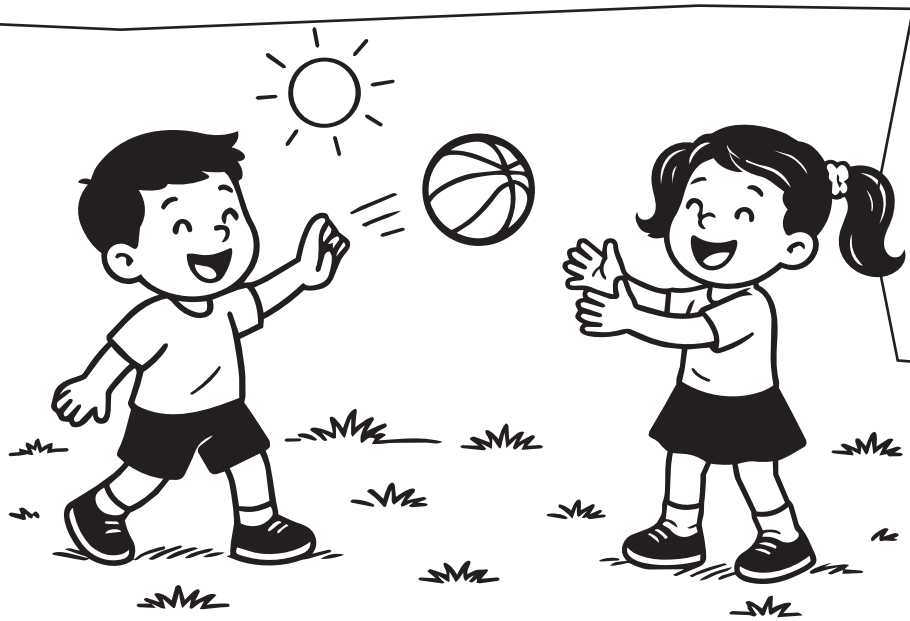
Team Tressel
Fitness Challenge



Summer 2026

Name: _____

Visit our YouTube for fitness tips!



Take on the Team Tressel Fitness Summer Challenge!

Kick off your summer strong with Team Tressel! Get ready to move, smile, and show what you're made of. See how many activities you can check off on pages 2 to 6 to become a summer champion.

Bronze
(10+ Activities)

Silver
(25+ Activities)

Gold
(40+ Activities)

This summer I want to:
(Circle all that apply)

- Set good sleep habits
- Spend at least 60 minutes outside daily
- Spend more time outside with my family
- Cut down my screen time
- Play more outdoor games with my friends
- Drink more water
- Try at least one new food each week
- Spend time with loved ones

Write your own goals for the summer:

ACTIVE MODE



Get your body moving and your heart pumping! Check off activities as you do them:

- [ ] **Play tag or freeze tag**
- [ ] **Go to the playground**
- [ ] **Go for a walk in the neighborhood**
- [ ] **Explore a local trail or park**
- [ ] **Race your friends**
- [ ] **Practice balance or stretching excercises**
- [ ] **Ride your bike or scooter**
- [ ] **Go swimming**
- [ ] **Have a dance party**
- [ ] **Play catch or toss a ball**
- [ ] **Rollerblade or skateboard**
- [ ] **Play a sport like soccer, volleyball, or basketball**

Write down other activities you do this summer:

STRONGER TOGETHER



Spend time with the people you care about this summer! Check off activities as you do them:

- ☐ **Invite a friend to play**
- ☐ **Have a family campfire**
- ☐ **Make arts and crafts with a loved one**
- ☐ **Plant flowers or a garden together**
- ☐ **Create a family summer goal (activity, reading, acts of kindess)**
- ☐ **Pick up litter in your community**
- ☐ **Enjoy a game night**
- ☐ **Help cook a meal**
- ☐ **Have a movie night**
- ☐ **Have a picnic**
- ☐ **Build something together (fort, obstacle course, or LEGO creation)**
- ☐ **Create and perform a play or dance with others**

Write down other activities you do with friends and family this summer:

RECHARGE AND REFUEL

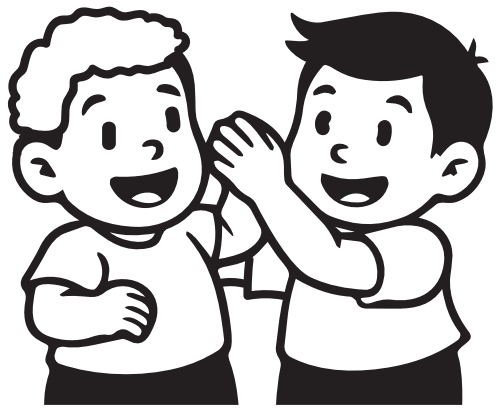


Give your body and mind the energy it needs to grow, move, and think your best! Check off activities as you do them:

- ☐ Read a book
- ☐ Draw, sculpt, or journal
- ☐ Have a "no screens" night
- ☐ Avoid sugar or caffeine before bed
- ☐ Get 9 to 11 hours of sleep
- ☐ Set goals for the next day
- ☐ Turn off screens one hour before bed
- ☐ Try a new healthy food
- ☐ Help prepare a grocery list
- ☐ Practice mindful eating (no screens)
- ☐ Drink at least 8 glasses of water a day
- ☐ Try a "no sugary drinks" day

Write down other smart nutrition or sleep choices you make this summer:

ATTITUDE of GRATITUDE



Always reflect on the people, places, and things that make your day better. Check off activities as you do them:

- ☐ **Write 3 things you're grateful for every day for a week**
- ☐ **Volunteer to help someone**
- ☐ **Give a compliment to 3 different people**
- ☐ **Tell each person in your family 1 thing you appreciate about them**
- ☐ **Create a picture of something that makes you happy**
- ☐ **Help with a chore at home without being asked**
- ☐ **Do a good deed**
- ☐ **Thank a veteran or first responder**
- ☐ **Write about a challenge you're proud to have overcome**
- ☐ **Say 3 positive things about yourself out loud**
- ☐ **Describe 5 things around you that make your life better**
- ☐ **Write a thank you note to someone**

Write in what you're grateful for:

ARE YOU A SUMMER CHAMPION?

Scan to get your summer certificate!

What did you accomplish this summer? Let us know how many activities you did.

☐ **Bronze** (10+ Activities)

☐ **Silver** (25+ Activities)

☐ **Gold** (40+ Activities)



Summer Tips

- Need quiet time? Take a break and color your challenge booklet!
- Challenges are better with a partner! Ask a friend or family member to do them with you.
- A routine makes things easier! Do activities at the same time each day to get in a regular rhythm of meeting your movement goals.
- Mix it up. Try different activities so you don't get bored.
- Limit screen time first. Do an activity before TV or video games so you don't skip it.
- Reflect weekly on what you liked the most and what you're grateful for.
- Want to do more? Check out the Team Tressel YouTube Channel for ideas!