

IRONKIDS. ADVENTURE TRAIL

Small Steps. Big Finish.

Do an activity. Earn a sticker. Get ready for race day!

AGES 3-17

You can do these activities at home, outside, or with friends and family!



- MOVE YOUR BODY**
- STAY HEALTHY**
- BE KIND**
- REST & REFLECT**



START
You've got this!

1



Run or walk for 5 minutes

2



Drink a full bottle of water

3



Do something kind for someone

4



Stretch your body for 5 minutes

5



Move your body for 10 minutes



6



Eat a healthy snack or meal

7



Get 8+ hours of sleep tonight

8



Encourage a friend

9



Run or walk for 15 minutes

10



Drink water before and after activity



11



Get some fresh air outside

12



Take 5 deep breaths

13



Go outside and enjoy nature

14



Do 10 push-ups or wall push-ups

15



Write or draw something you're grateful for



16



Practice running fast to the finish line

17



Thank someone who helps you

18



Balance on one foot for 30 seconds each

19



Move your body for 20 minutes

20



You did it! You're ready for race day!

FINISH
You are an IRONKID!

TIPS FOR SUCCESS

- Do your best.
- Have fun!
- Keep trying!
- You are strong!

WE BELIEVE IN YOU!



EARN A STICKER FOR EACH ACTIVITY!

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20

REMEMBER

- Keep moving!
- Stay healthy!
- Be kind!
- Rest & reflect!



TRAIN. PLAY. BELIEVE. YOU CAN DO IT!

