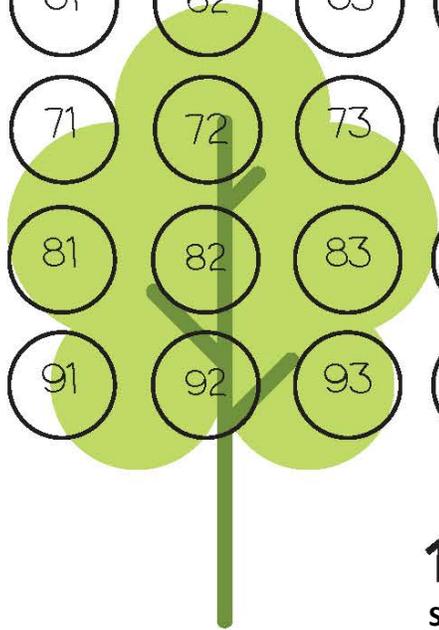


100 HOURS Active Outdoors



For each hour active outside fill in 1 circle.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100



1 circle = 1 hour

Share your progress on social media!

#forestcountycan



Return completed 100 HOURS Active Outdoors tracker to the Forest County CAN! Coalition to receive a custom “Forest County” pin and for a chance to win a \$100 in Forest County Chamber Bucks.

Mail completed form and tracker by September 10th, 2021 to:

**Forest County CAN! Coalition
c/o Forest County Extension
200 E. Madison Street
Crandon, WI 54520**

Participant name: _____

Address: _____

Email: _____

I grant Forest County Coalition on Activity and Nutrition (CAN!) the right to publish my name and image (if submitted) as part of the 2021 Active Outdoor Challenge.

By participating in the 2021 Active Outdoors Challenge, the participant agrees and understands that he/she is participating in outdoor challenge activities at his/her own risk. The participant recognizes that all outdoor recreational activities have a certain degree of risk. The participant also understand these risks may include injuries ranging from minor sprains and contusions, to major injury, possible paralysis, or even death. The participant understands the possibility of serious injury may impair his/her future abilities to earn a living; to engage in other business, social, and recreational activities; and to enjoy life generally. Having read and understood the above warning, the participant recognizes the importance of following instructions regarding techniques, training and other rules, and agrees to obey such instructions.

The participant further agrees to hold **Forest County Coalition on Activity and Nutrition**, its members and agents and any and all persons or entities holding thereunder, including any and all policies of insurance, harmless from any and all claims, suits, obligations or other liabilities which arise or may arise out of the participant’s participation in outdoor activities and use of the recreational facilities and equipment. Further, the participant agrees to indemnify any of the aforementioned persons and/or entities to the extent of any damage claims, including attorney fees, which arise or may arise out of the participant’s participation in such activities and use the recreational facilities and equipment.