



# 321 Action!

Are you ready to get active?

40 Weeks

Starts 2/1/2025

90 Minutes A Week

**ALL AGES!!**



## How do I participate?

- Download and print the log sheet (PDF) on the dscnwa website
- Log 90 minutes of activity every week
- Every time you complete four weeks of 90 minutes you get a button for your lanyard
- Complete 38 weeks of 90 minutes each week get a medal for your lanyard

## How do I get my buttons and medal?

- Track your activity on your log
- Once you have four weeks of 90 minutes each week take a picture of you and your log
- Post the picture of you and your log along with a 30 second video of you doing an activity on the DSCNWA Facebook Group Page
- Tag Lindsay Dover on your post and add #321Action!
- Ms. Lindsay will track your activity for the 40 weeks from your post and give you your buttons (medal) as you earn them when you attend a program or event

### What Counts As Activity?

Things that get you moving and get your heart rate elevated.  
Dancing, Swimming, Walking, Biking, Basketball, Running, Jumping etc.

