

Virtual Fitness Challenge Instructions

Nebraska FCCLA Chapters are invited to complete the Community Leader Peer Education Team *Virtual Fitness Challenge* during October 2021.

Instructions for the Challenge:

- Print the Challenge Calendar, which lists various activities to complete during the month.
- Encourage chapter members to complete the challenges, in any order.
- Take photos of chapter members completing the various challenges.
- Download the attached Google SlideShow, and fill it in with your chapter's participation photos.
- Upload your chapter's SlideShow to the Fitness Challenge Google Form to be recognized.
- All chapters that complete at least 15 days of the challenge will be recognized at the Peer Education Conference in February.
- Chapters that complete all 20 challenges will receive a special recognition.

Other FAQs:

1. Not all chapter members need to complete each challenge.
2. Different chapter members can complete various challenge days.