

# Rx for Outdoor Activity

Name \_\_\_\_\_

Date \_\_\_\_\_

**My Schedule** (*when and where will you play outside this week?*)

Weekdays \_\_\_\_\_

\_\_\_\_\_

Weekends \_\_\_\_\_

\_\_\_\_\_

Parent/Child signature \_\_\_\_\_

Health Care Provider signature \_\_\_\_\_

Go Outside and:

- Play!
- Visit a park, forest, wildlife refuge, fish hatchery, playground, or nature center
- Take a walk around the block
- Ride bikes (wear a helmet!), go bird watching, or just explore.

Comments:

