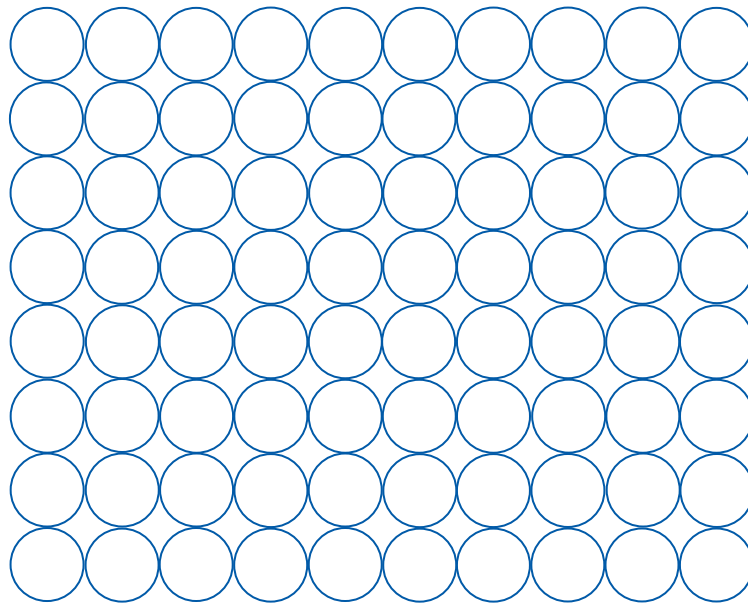


Eighty Hours Outside Summer Challenge

Track the time you spend outside with this chart. Each circle amounts to one hour. Aim to get outside every day, but give yourself flexibility too. The goal is to spend engaged time outdoors, whatever that looks like for you!

Grown-ups, have more than one child and want to save paper? Print one copy and use different colors within each circle to mark each child's progress.



As you go, write about or draw things you noticed while you were outside using the questions below as a guide. Scientists keep good records, so write down the day and time of each entry.

- What was an activity you liked doing?
- How did you feel being outside? How was your mood different after spending time outdoors?
- What interesting things did you observe about the plants, animals, and weather? What did you notice that you hadn't before?
- Phenology is the science of how living things change as the seasons change. What phenological observations can you make?
- Did your observations make you wonder about anything? What do you want to know more about?