



Name \_\_\_\_\_ Grade \_\_\_\_\_

E-mail (parent/guardian) \_\_\_\_\_ Phone \_\_\_\_\_

## Are you ready to R<sub>4</sub>OCK? Can you go the distance?

Welcome to the R<sub>4</sub> Ozark Classic for Kids Marathon series! Record your completed activities below until you've filled in all 25 spaces. **Come R<sub>4</sub>OCK with us!**

Put a check mark in the column for the type of activity completed

**READ**  
READ 15 minutes or have someone read to you.

**RIGHT**  
DO RIGHT by eating healthy food, practicing acts of kindness, and recycling.

**RUN**  
RUN, WALK or ANY PHYSICAL ACTIVITY for 30 minutes.



Book Title, What You Did, or Activity	Sessions of 15 min. or more.	Run, walk or any physical activity	Date Completed
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.			

**Total Points**

**READ, Do RIGHT, RUN, REPEAT...** Follow these four R's to achieve a healthy mind and body for a lifetime.