



KEEN Spring Game 2021 – Register online to receive a special award! KEEN T-shirts for all athletes after completing the games.

Print this card to record your activities. The goal is to complete at least 3 activities per week. Take your pick, do what you enjoy!

Activity	Week 1	Week 2	Week 3	Week 4	Week 5
Zumba					
Fitness					
Basketball					
Soccer					
Tennis					
Hiking/Walking					
Bowling					
Obstacle Course					
Spoon Relay					
Play 'I Spy'					
Laundry Toss					
Cycling					
KEEN Spirit					
Weightlifting					
Follow the Leader					
Play Catch					
Cup Tower					
Draw your favorite!					