

# R<sub>x</sub> 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:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

