

200 Hours Outdoors Challenge



1	2	3	4	5	6	7
20	21	22	23	24	25	26
39	40	41	42	43	44	45
				58	59	
				68	69	
				78	79	
88	89	90	91	92	93	94
103	104	105	106	107	108	109
118	119	120	121	122	123	124
133	134					
143	144					
153	154					
163	164	165	166	167	168	169
182	183	184	185	186	187	188

8	9	10	11	12	13
27	28	29	30	31	32
46	47	48	49	50	51
60	61			62	63
70	71			72	73
80	81			82	83
95	96			97	98
110	111			112	113
125	126			127	128
135	136			137	138
145	146			147	148
155	156			157	158
170	171	172	173	174	175
189	190	191	192	193	194

14	15	16	17	18	19
33	34	35	36	37	38
52	53	54	55	56	57
64	65			66	67
74	75			76	77
84	85			86	87
99	100			101	102
114	115			116	117
129	130			131	132
139	140			141	142
149	150			151	152
159	160			161	162
176	177	178	179	180	181
195	196	197	198	199	200

Colour in one space for each hour you spend outside between May and September.

Once your page is complete, bring it to the RM of Hanover Office or Public Works Building to be entered into prize draws.

Guidelines and details are on the back!

200 Hours Outside Challenge – Guidelines

How It Works

The goal of the 200 Hours Outside Challenge is to encourage residents to spend more time outdoors and enjoy the many spaces within our communities. Participants track the total number of hours they spend outside over the course of the challenge. The challenge runs from May through September.

Outdoor time can include activities such as:

- Playing at parks or playgrounds
- Walking, biking, or hiking
- Sports and recreational activities
- Gardening
- Playing in your yard
- Exploring nature
- Relaxing, reading, or socializing outdoors

If you're outside and enjoying the outdoors, it counts!

Safety & Responsibility

- Participants are responsible for their own safety while taking part in the challenge.
- Please dress appropriately for the weather and stay hydrated.
- Be mindful of sun exposure, insects, traffic, and uneven terrain.
- Children should always be supervised as appropriate.
- Participation is voluntary and at your own risk.

Have fun, get outside, and enjoy your community!

The RM of Hanover Office is open Monday to Friday 8:00 a.m. - 4:00 p.m.

The Public Works Office is open Monday to Friday 8:00 a.m. - 4:00 p.m.

Both offices have a dropbox for after hours dropoffs.

Tracking Your Hours

- Hours are tracked on the honour system.
- Each circle represents 1 hour of outdoor time.
- Colour in one circle for every 1 hour you spend outside
- Outdoor time can be accumulated across multiple days.
- Children and adults may participate and track hours separately.

Completed tracking sheets must be submitted by:

October 1, 2026 by 8:00 a.m.

Tracking sheets submitted after this date may not be eligible for the draw.

Participation & Prizes

- Participants must be a resident of the RM of Hanover to be eligible for prizes.
- The challenge is open to ages 5 and up.
- Prizes are available for both children and adults.
- A grand prize will be awarded to the participant who submits the most outdoor hours.
- Completing the challenge does not guarantee a prize.
- All prizes are non-transferable and have no cash value.

Privacy

Information collected is used for program administration purposes only. Participant data will not be shared outside the RM of Hanover.

Participant Information

(Please print clearly)

Name: _____

Age Group: Child (Ages 5-17) Adult (Ages 18+)

Community: _____

Physical Address: _____

Email or Phone Number: _____

Date: _____