



Girl Scouts of Western Washington

U GO GIRL!



Complete at least 5 of the following activities to earn this patch. This patch may be earned by all Girl Scout members – girls and adults. Be prepared to get up and move! Most of all, have fun!

Juliette or Troop # _____ Service Unit # _____

Age Level: Daisy Brownie Junior Cadette Senior STUDIO 2B Adult

Contact Person Name _____ Phone _____

1. Earn at least one age level appropriate Girl Scout award relating to health, fitness or nutrition. (For example, Health Habits Try-It, Hiker Badge, B Xtreme Interest Project)

Award(s) earned: _____

2. Participate in a service project related to healthy living. Describe your project:

3. Try new recipes or new ways of preparing at least one fruit and one vegetable.

Fruit recipe: _____

Vegetable recipe: _____

4. Try new activities you've never tried before. (Ideas: hip hop dance, Frisbee golf, letterboxing/geocaching, square dancing, golf, water aerobics, kayaking/rowing, yoga, touch football) Daisy Girl Scouts must try 2 activities; Brownie Girl Scouts must try 3 activities; Junior Girl Scouts must try 4 activities; Cadette and Senior Girl Scouts, STUDIO 2B and adults must try 5 activities. List the activities you tried.

5. Participate in a council or service unit sponsored event related to healthy living.

Event: _____

6. With your troop or family, walk a combined total of at least 95 miles to celebrate the 95th anniversary of Girl Scouts.

of walkers _____ Total # miles walked _____

7. Participate on a sports team for a season or take a series of at least 5 active lessons such as swimming or dance.

Sport or activity: _____

8. Plan and conduct an active event for your families or another Girl Scout troop

Describe your event: _____

adults participated _____ # children participated _____

9. Participate in TV Turnoff Week in April or for any one week, do not watch TV, play computer games, or surf the web (doing your homework is still ok!).

Participation dates: _____

10. Learn and practice a new skill related to mental or emotional health. (Ideas: bully prevention, stress reduction, self-esteem, improved body image)

Skill learned: _____

Congratulations! You did it!

Complete the following information and return this form to the Girl Scout Store to purchase your patch(es).

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girls completed requirements _____

adults completed requirements _____

Did you try a new healthy living skill or activity? ____Yes ____No

Did this program help you increase your activity level? ____Yes ____No

Do you plan to continue your healthy living activities? ____Yes ____No

Comments:

