

June 22
Get outside
60 min. per day

June 29 Brush
your teeth and
floss once per day

June 29
Pick up your
1st PRIZE
at an MVPD office

July 6
Less than 2 hrs. of
Screentime per day

Aug 3
Design your own challenge! Pick
two Challenges and do BOTH
each day

July 13 ★
Pick up your
2nd PRIZE
at an MVPD office

July 13 An act of
service every day for
someone not in your
family

July 20
No sugar all week



July 27
Pick up your
3rd PRIZE
at an MVPD office

July 27 Eat a serving of
fruits or vegetables every day

Start, June 15
Read (or be read to)
30 min. per day


CONGRATS!
YOU DID IT!

Mason's Summer Challenge Rules

- It's never too late to start! Jump in any time and claim your prize every two weeks.
- There are 5 days in a week, so if you miss a day you can make it up on the weekend.
- Prizes can be picked up during office hours on the Mondays specified above. Our staff will be waiting by the door for you!
- INVITE YOUR FRIENDS TO JOIN THE CHALLENGE ON FB AND INSTA FOR A CHANCE TO WIN A FREE FAMILY MOVIE NIGHT IN! DETAILS AT [HTTPS://BIT.LY/MVPD2020](https://bit.ly/MVPD2020)

Mason's Summer Challenge PRIZES!

- PRIZE 1: WAY TO GO - you must be thirsty! Stop by MVPD for your FREE water bottle!
- PRIZE 2: KEEP UP THE GOOD WORK! Pick out your FREE toothbrush and toothpaste at our Farmington or Pleasant View office!
- PRIZE 3: YOU'RE FLYING THROUGH THIS CHALLENGE! Pick up your FREE frisbee at an MVPD office!
- PRIZE 4: CONGRATS! YOU DID IT! Pick up your certificate at an MVPD office and get your picture taken with Mason the Moose! You'll be entered into the drawing to win an ice cream party for you and up to 30 friends/family members at Nils Swedish Creamery. Two winners will be chosen on Thursday, August 13, 2020


Mason's Summer Challenge
Mountain View
PEDIATRIC DENTISTRY