



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

June 22
Get outside and play
60 min. each day

June 29 Brush
your teeth twice and
floss once each day

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

July 13 Do an act of
service each day for
someone not in your
family

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

July 20
No sugar each day

SUGAR
FREE

July 6
No screen time
each day

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

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

July 27 Eat a
serving of fruits or
vegetables each day

**CONGRATS!
YOU DID IT!**

Rules - From Mason the Moose

- It's never too late to start! Jump in any time and claim your prize every two weeks.
- There are 5 challenge days in a week, so if you miss a day you can make it up on the weekend.
- Prizes can be picked up between 8-3 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 BIT.LY/MVPDCHALLENGE

Mason's Summer Challenge

**Mountain View
PEDIATRIC DENTISTRY**

Mason's Summer Challenge PRIZES!

- **PRIZE 1: WAY TO GO** - you must be thirsty! Stop by MVPD for your FREE Mason the Moose 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