



June 29 Brush your teeth twice and floss once each day

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

July 6 No screen time each 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 Do an act of service each day for someone not in your family

July 20 No sugar each day

SUGAR FREE

SUGAR FREE

SUGAR FREE

SUGAR FREE

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

July 27 Eat a serving of fruits or vegetables each day

June 22 Get outside and play 60 min. each day

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