

**Complete the following activities  
over the course of 10 Weeks  
to earn a Badge**

**Check as you complete below:**

**Level 1– Fit Camper Badge**

- ☐ Complete 1 camp activity per week (30 minutes/week x 10 weeks)
- ☐ Attend 1 Day Camp Event
- ☐ Complete 1 community service event

List event here : \_\_\_\_\_

**Level 2– Healthy Camper Badge**

- ☐ Complete Fit Camper Badge activities plus:
- ☐ Complete 2 hours of additional camp activity per week x 10 weeks
- ☐ Attend 1 additional Day Camp Event (2 Total over 10 weeks)
- ☐ Complete 1 additional community service event

List event here: \_\_\_\_\_

**Level 3-Giving Camper Badge**

- ☐ Complete Fit Camper Badge and Healthy Camper activities plus:
- ☐ Complete 30 additional minutes of camp activity per week x 10 weeks
- ☐ Attend 1 additional Day Camp Event (3 Total over 10 weeks)
- ☐ Complete 1 additional community service event

List event here: \_\_\_\_\_

Juniata College Wellness Committee has AMPED up the challenge at CAMPus FIT this summer!

Here's how it works! Over the course of 10 weeks, campers will complete camp activities at varying levels to earn badges. At each level, you will earn a badge and win a prize. If you earn all three badges, you will earn all **three prizes**, plus be entered for **one chance** to win a grand prize.

(Please note: Your camp activity should be one that enhances or maintains physical fitness and overall health and wellness, including strengthening muscles your cardiovascular system).

The Wellness Committee is Sponsoring four day camp events to coincide with the challenge.

*\*Activity tracking logs  
available by request\**

**CAMPus Fit AMPED will run June 1st through August 10th.**



NAME: \_\_\_\_\_



*Sponsored by the Wellness Committee*

## Camp Activities

Here are some of the activities you may choose to participate in over the course of CAMPus Fit AMPED. **YOU select which camp activity suits your interests best!**

- Biking
- Swimming
- 5K Race/Walk
- Hiking
- Attend an Exercise Class
- Kayaking
- Or choose your own favorite camp activity!

*\*We recommend scheduling 30 minutes of camp activity 5 days per week!*

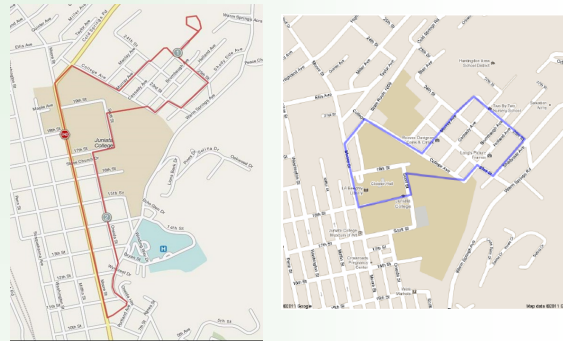
## Community Service Ideas

- Pick up trash in your community
- Give Blood
- Donate to the local food bank
- Or choose your own favorite volunteer activity

## Juniata CAMPus Fit AMPED

### Day Camp Events

- JC 5K/ 1M Run/Walk—National Running Day -June 7  
(Rain date June 14)



- Walk to Peace Chapel –July 13th (Rain date July 14th)
- National Dance Day Event —July 28th (Rain date July 29th)
- Walk to the Farmer's Market-August 4th (Rain Date August 11th)

**\*Must attend three of four** Wellness Committee sponsored Day Camp events over the course of the summer to earn your "Giving Camper Badge," and be entered into a drawing for a chance at the Grand Prize!

## Camp Locations

CAMPus FIT AMPED takes place wherever you are. Here are some ideas of places where you can complete your badge activities.

- Thousand Steps
- Rails to Trails
- Greenwood State Park
- Raystown Lake
- Whipple Dam State Park
- Trough Creek State Park
- Canoe Creek State Park
- Cowan's Gap State Park
- Alan Seeger State Park
- Lake Perez at Stone Valley
- Juniata River
- Peace Chapel
- Detwiler Feld
- Local Golf Courses
- Isett Community Pool