

# Healthiest State Month Trail Map

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

**COMPLETE THE TRAIL MAP  
& WIN A 5-2-1-0 PRIZE!**

**Unplug! Plan a screen-free day:**

**Way to go!**

**World's Largest Strawberry**

**Make a healthy recipe:**

**National Mississippi River Museum & Aquarium**

**Track how much water you drink in a day:**

**Check the boxes as you complete each healthy pitstop activity!**

*You do not have to visit the actual locations on the map to check the box.*

**Living History Farms**

**Try a new-to-you fruit or veggie:**

**Maquoketa Caves State Park**

**Visit a state, county or city park:**

**Iowa State Capitol**

**Register for the Healthiest State 10th Annual Walk on October 7:**

**Herbert Hoover Presidential Library & Museum**

**Read a book:**

**Keep going ... you're almost halfway there!**



Once you complete all of the 5-2-1-0 Healthy Choices Count! challenges on the Trail Map, snap a photo and fill out the online form to claim your prize:

[IowaHealthiestState.com/Prize](http://IowaHealthiestState.com/Prize)



Share your Healthiest State Month Trail Map adventures with us on social media using the hashtag: **#HealthyChoicesCount**

