



# Mother Nature Calls Challenge

## *Tracking Sheet*

Did you know spending time with Mother Nature has many benefits above and beyond the stunning beauty she provides? The list, according to the [National Library of Medicine](#) includes:

- Improves sleep
- Manages stress
- Reduces attention deficit
- Helps manage pain

The spring, summer and fall seasons provide a wonderful opportunity to get out there and have some fun. Enjoy this challenge that incorporates many free resources provided by the Departments of Tourist Development, Agriculture and TWRA.

### **Challenge Directions:**

- 1.** Earn points as you enjoy the great outdoors. The more activities you complete, the more points you'll earn!
- 2.** Complete the suggested activities, tell us what you discovered, and/or submit a photo to [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov). Use the tracker below to keep track of points earned.
- 3.** Add up your points at the end of the challenge and submit to [https://stateofennessee.formstack.com/forms/wfhtn\\_mother\\_nature\\_calls\\_challenge](https://stateofennessee.formstack.com/forms/wfhtn_mother_nature_calls_challenge)

*For additional outdoors ideas and inspiration:*

[Tennessee Trip Guide Summer Travel Inspiration](#)

[TN Wildlife Resources Agency \(TWRA\) On the Go App](#)



Name: \_\_\_\_\_

Agency: \_\_\_\_\_

Activity (1 pts.)	What did you discover? (1 pts.)	Submit a Photo (1 pts.)	Total Points
<input type="checkbox"/> Discover one of our <a href="#">TN State Parks</a> or the <a href="#">Smoky Mountains</a> . Hike a trail!		<input type="checkbox"/>	
<input type="checkbox"/> Learn <a href="#">how to be safe in the sun</a> .		<input type="checkbox"/>	
<input type="checkbox"/> Download the <a href="#">Pick Tennessee Products</a> app and/or visit a local merchant or farmers market.		<input type="checkbox"/>	
<input type="checkbox"/> Visit one of the beautiful <a href="#">lakes or rivers</a> around the Volunteer State.		<input type="checkbox"/>	
<input type="checkbox"/> Visit a local <a href="#">fishing hole</a> .		<input type="checkbox"/>	
<input type="checkbox"/> Take a stroll through a <a href="#">flower garden</a> or plant your own!		<input type="checkbox"/>	
<input type="checkbox"/> <a href="#">Pitch a tent</a> (your backyard counts), build a campfire or go stargazing.		<input type="checkbox"/>	
<b>Grand Total</b>			

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<p><b>Nature Newbie = 1 – 7 Points</b>  <b>Outdoor Enthusiast = 8 – 14 Points</b>  <b>Expert Outdoorsman/Woman = 15 – 21 Points</b></p>
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