

RESILINATOR™ *by CycleHealth* TRAINING CHALLENGE

No one becomes resilient in a minute, an hour, or even a day. Resilience is built over time with practice. Build your resilience by taking this 4-zone training challenge. Watch the videos posted at cyclehealth.org during October for instructions, and use this form as your training challenge scorecard.

KID NAME AGE SCHOOL

Here's our race course map for the Resilinator, and also your training challenge scorecard!

ZONE 1

KEYWORD:

1A

1B

1C



ZONE 4

KEYWORD:

4A

4B

4C



RESILINATOR
COURSE MAP
AT HYLAND LAKE

ZONE 2

KEYWORD:

2A

2B

2C

ZONE 3

KEYWORD:

3A

3B

3C

COMPLETE AND TURN IN AT RESILINATOR FOR A CHANCE TO WIN PRIZES!

Our mission is to create a new cycle of health, starting with kids.

