

Let's Go! Move More Challenge

Move More and earn a free ticket to see the Sea Dogs!

Let's Go! and The Portland Sea Dogs want you to get moving with the Move More Challenge!

The goal is for children and youth to move 1 hour or more every day between now and March 31. Parents/Caregivers, we encourage you to join in with the movement! Break up the one hour into multiple shorter blocks of time throughout each day. Submit your tracking form by March 31 and earn one free ticket to a game at Hadlock Field for the 2023 season!

How does it work?

1. Children 18 years old and younger can participate.
2. Move 1 hour or more a day (see letsgo.org/movemore for ideas!)
3. Check off each week that you complete 7 hours of physical activity on the below form. Complete as many weeks as possible to earn a ticket!
4. Submit your completed form by March 31, 2023.

Visit letsgo.org/movemorechallenge for more details.



Child's Name: _____ Date of Birth: _____

Address: _____

Parent/Guardian's Name: _____ Phone: _____

Email (needed for digital ticket): _____

WEEK	WEEK	WEEK	WEEK	WEEK	WEEK	WEEK	WEEK	WEEK	WEEK
1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Tickets are available digitally.*

Choose your game

- Friday, April 21st @ 6:00PM vs. Reading Fightin' Phils
- Saturday, May 13th @ 1:00PM vs. Somerset Patriots
- Friday, June 9th @ 6:00PM vs. Akron Rubber Ducks

* Tickets subject to availability.

Additional tickets can be purchased at a discounted rate for accompanying family/friends by calling the Ticket Office at 207-879-9500.

Mail or email form before March 31, 2022 to:

Let's Go Move More Challenge

P.O. Box 636

Portland, ME 04104

letsgomovemore@mainehealth.org

Questions about tickets?

Contact Jesse Scaglion at

jesse@seadogs.com or 207-874-9300

MaineHealth
LET'S GO!
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