



Complete the PWS Heroes Challenges below individually or with a team. Follow the instructions below to earn a Commemorative PWS Heroes 2021 Medal.

Remember, you don't need superpowers to be a hero!

Complete the challenges by July 31st.

- Go at your own pace! Take your time.

Check off the list as you complete the challenges.

- Send us a photo of your completed list by July 31st and we will mail you a custom **PWS Heroes 2021 Medal**.

*(Please allow 5 – 6 weeks after July 31 for delivery)

Share your challenges with us!

- Use **#PWSHeroes2021** and share photos or videos of yourself completing the challenges on social media! (You can also email photos to info@pwcf.org)



We'll repost and feature you on our livestream event on July 31st!

There are 3 ways to earn a PWS Heroes 2021 Medal:

1. Walk/Run a 5K or more (3.1 miles or more)
2. Fundraise \$250 or more
3. Complete 1 challenge from each category in the PWS Heroes Challenge list.

Be a Brain Hero

- 1 hour of Coloring
- 1 hour of Solving a Puzzle
- 1 hour of Chores
- 1 hour of Reading
- 1 hour of Arts and Crafts
- Complete your PWCF Superhero Coloring Page

Be a Fitness Hero

- 30 min. of Dancing
- 30 min. of Trampoline Jumping
- (1) Exercise Class
- 30 min. of Yoga
- 30 min. of Stretching
- (1) Zumba Class
- 30 min. of Swimming
- 30 min. of Exercise Video Game

Be an Ambassador Hero

- Create sidewalk chalk art about PWS and post online
- The Hero Selfie: Write 3 positive things about yourself on a selfie and post online.
- Tell 3 people about PWS
- Write a poem about PWS.

Be a Kindness Hero

- Write 3 "I'm grateful for you" cards
- Call 2 family members who haven't heard from you in a while
- Offer to help 2 people cleanup without asking
- Find 20 pieces of trash to throw away/recycle.

PWCF "Iron Man" Challenge: Complete 10 of the challenges above for a special PWCF Iron Man Medal!