



APRIL 13-18, 2023



EXPLORE NEW HEIGHTS

Welcome to our Park Rx Day Challenge for 2023!
We are excited to provide you with another
amazing challenge to get outdoors!

This year's theme is Explore New Heights.

We hope as you challenge yourself during the next
few days, you will strive to explore your
surroundings, try new things, and find new places
to adventure.

As you go through the missions and enjoy all that
the outdoors in our great state have to offer, we
hope that you realize that you can elevate your
health in fun and exciting ways!

We hope you have lots of fun outdoor time!

The Park Rx Utah Team

GOOSECHASE

In your App Store (Apple or Android) search for 'GooseChase'.

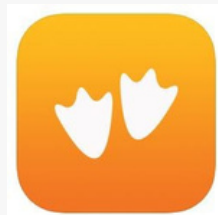
Create a login -- if you have used GooseChase before, you can skip this step.

Search "Park Rx Day 2023 - Explore New Heights" in the search bar.

First set of missions will go LIVE on GooseChase on April 13, 2023 at 8AM. New missions will be added throughout the challenge.

Submissions include photos, videos, and text.

Each mission can only be completed by ONE account of a team member, unless specified otherwise in the description.



GAME RULES

TEAMS:

Teams can have 2-5 members of any age. All must be residents of Utah. You do not need to live in the same part of the state to be on a team.

MISSIONS:

Photo/Video missions will require you to submit the content from the app directly. You will not be able to upload a photo/video from your library, unless specified. Photos taken of screens or other photos you've taken will also be deleted.

Park Rx Utah is not responsible for any injury caused by completing missions. Please follow all laws and please be safe and smart when completing missions.

RESPECT:

Respect of the Park Rx Utah Team, and other teams competing is required. If unsportsmanlike conduct is witnessed and reported by ANY of your team members or ANY Park Rx Utah Staff, your team will be disqualified.

PLATINUM



BRONZE



PRIZE PACKS



RIVER OF LIGHT FOREST BATHING
WITH CHRIS NEWTON

STEWARDSHIP EVENT PARTNERS



HEALTH DEPARTMENT
PARKS & RECREATION