

100 HOURS OUTSIDE



FREEZING
BELOW 32°

COLD
32° - 45°

COOL
45° - 60°

WARM
60° - 80°

HOT
ABOVE 80°



Enjoy this fun **100 Hours Outside Challenge** from **Palouse Roots Nature School!** Track your hours by filling in one section for each hour you spend outside. Use color to indicate the temperature. At the end of each month, count your hours and fill in the tree-ring monthly tally above. PCEI, connecting people, place, and community.