



Version 2, 30 April 2020



THE AMERICAN RANGERS' PREVAIL-19 CHALLENGE

WHO CAN PARTICIPATE: Anyone, male or female, of any age (No - you don't have to be a Ranger)!

WHAT TO DO (Read these carefully!):

- **SELECT IT!** Select at least 19 TASKS. You can come up with your own or choose ideas from the *TASK IDEA LIST* on the PREVAIL-19 website. The TASKS should challenge you in MIND, BODY or SOUL! This is about being steady AND strong!
- **COMPLETE IT!** Complete each chosen TASK. CHALLENGE yourself so you know you accomplished something by the time you're finished.
- **SNAP IT!** While you're completing the TASK, be sure to SNAP a PIC or make a VIDEO of your achievement. If it's a video, be sure to say (well, yell!): "I WILL PREVAIL!" Send the PIC / VIDEO to prevail19@americanrangers.org and we'll upload it to the website. **IMPORTANT:** If you're under 18, your parent or legal guardian will have to send it to us on your behalf.
- **TRACK IT!** Each time you COMPLETE a TASK, TRACK your progress by writing down the TASK on PAGES 2 and 3 of this form. If you're under 18 years of age, have your parent or Legal Guardian VERIFY COMPLETION of each TASK. If you're 18 or older, it's all about trust (if you're hard-core, find an accountability buddy and challenge each other!)
- **SUBMIT IT!** When you're all done, if you're under 18 years of age, have your parent or Legal Guardian SIGN and DATE at the bottom of PAGE 3, and then SUBMIT PAGES 2 and 3 (a scan or a pic of both pages is fine) to prevail19@americanrangers.org. If you are over 18 years of age, SIGN, DATE and SUBMIT the form on your own.
- **GET IT:** Get your hard-earned PREVAIL-19 Challenge Coin! Once your form is approved, you (or your parent/legal guardian) will receive directions on how to order the Challenge Coin and get your Certificate of Accomplishment.
- **KEEP PREVAILING!**

PREVAIL-19 CHALLENGE LIST OF TASKS COMPLETED:

Remember, you can either choose from the list of TASK ideas on the website, or come up with your own. Be creative and come up with TASKS that are challenging. Exciting is good! Every TASK idea must be parent-approved (if you're under 18 years of age). It can't be inherently dangerous or gluttonous (chewing 19 sticks of gum at one time is NOT a good idea!). And don't forget to send us pics or videos!.

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18. _____

19. _____

VERIFICATION:

PARTICIPANT'S NAME

SIGNATURE

DATE

SIGNATURE OF PARENT / GUARDIAN
IF PARTICIPANT IS UNDER 18 YEARS
OF AGE