

Park Rx Utah Annual Challenge 2025 Tooele/Central

Step outside and experience the benefits of nature with the Park Rx Tooele/Central Utah Challenge, running from April 10-17, 2025!

Spending just 20-30 minutes outdoors can reduce stress and boost your mood. This isn't just a stroll—it's a simple way to improve your well-being!

How to Join:

- ✓ Download the **Goosechase App**
- ✓ Enter code "**SSQYMP**" to access the challenge
- ✓ Form a team or join an existing one
- ✓ Complete outdoor activities, earn points, and win a prize!

The first set of missions will go live on Goosechase on April 10, 2025. New missions will be added throughout the challenge with up to 150 challenges. Submissions include photos, videos, and text.

The Park Rx Utah Tooele/Central Challenge is a fun and refreshing way to connect with nature, spark creativity, and enjoy the outdoors. Join us and let nature uplift, inspire, and energize you!

What is Park RX

Park Rx Utah is a convenient and free program that prescribes nature as medicine for individuals to manage their health conditions. Learn more here. [Park RX Utah](#)

Game Rules

Teams: Teams can have 4 members of any age. All team members must be Utah Residents. You do not need to live in the same part of Utah to be on the same team. If teams choose to participate in multiple games, teams are only allowed to win a prize for one game.

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.

Safety: Park RX Utah is not responsible for any injury caused by completing missions. Please follow all laws and stay safe and smart.

Resect: Respect of the Park RX Utah Team, and other teams competing is required. If unsportsmanlike conduct is witnessed by any of your team members or any Park RX Utah staff, your team will be disqualified.