

| ITE Younger Member Challenge | | |
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| # | Activity (Bicycle Spokes) | Points |
| 1 | Like a post by ITE on Instagram, Twitter or LinkedIn (International, District or Section) | 5 |
| 2 | Post a picture of your favorite treat after a bike ride, run, or any active mode of transportation. (Post on Instagram, LinkedIn or Twitter at #ITEPORTLAND2023) | 5 |
| 3 | Post a picture from your last bike ride or walk. (Post on Instagram, LinkedIn or Twitter at #ITEPORTLAND2023) | 5 |
| 4 | Post a picture of the biggest hill you've biked or hiked up (or metaphorical hill that you've climbed in the past year, such as earning your PE or designing a big project at work; Post on Instagram, LinkedIn, or Twitter at #ITEPORTLAND2023) | 5 |
| 5 | Post a picture of the mode of transportation you are most excited to try in Portland. (Post on Instagram, LinkedIn or Twitter at #ITEPORTLAND2023) | 5 |
| 6 | Identify a transportation song for the 2023 Bike Ride playlist. | 5 |
| 7 | Listen to an ITE Talks Podcast (max 3) | 5 |
| 8 | Participate in a free ITE Webinar (max 3) | 5 |
| 9 | Join an International Council on ITE e-Community | 5 |
| 10 | Attend an International Council Meeting | 10 |
| 11 | Attend a Learning Hub Course | 10 |
| 12 | Post on the ITE e-Community_page | 10 |

| 13 | April - Attend the virtual Happy Hour hosted by ITE's Younger Member Committee | 5 |
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| 14 | May - Attend the virtual Happy Hour hosted by ITE's Younger Member Committee | 5 |
| 15 | June - Attend the virtual Happy Hour hosted by ITE's Younger Member Committee | 5 |
| 16 | Participate as a mentor or mentee on ITE e-Community or in your local District/ Section/ Chapter | 15 |
| 17 | Attend a 2023 Section-Chapter-Student Chapter ITE Event (virtual or in-person) | 10 |
| 18 | Have a meeting with your mentor or mentee (ITE or non-ITE) | 15 |
| 19 | Participate in Student/college event (traffic bowl, mock interview, Student Leadership Summit, lunch and learn etc.) in 2023 | 10 |
| 20 | Participate in a STEM outreach related activity in 2023 | 10 |
| 21 | Participate in a community service activity in 2023 | 10 |
| 22 | Attend a 2023 District ITE Meeting/Event | 15 |
| 23 | Bring a non-ITE Member friend to an ITE Meeting (Bonus points if it's a Planner) | 15+5 |
| 24 | Recruit a non-ITE member to Join ITE! (Bonus points if it's a Planner) | 20+5 |
| 25 | Create an ITE Membership Video with Pam | 20 |
| 26 | Create a STEM Training Instructional Video | 20 |
| | Each activity must have been completed in 2023 and may be done once for points, unless otherwise noted. | |