ATLANTICARE HEALTHY SCHOOLS, HEALTHY CHILDREN

4-WEEK WALKING CHALLENGE

THE GOAL:
Increase the amount of walking your entire class engages in, above and beyond their normal classroom routines.

INSTRUCTIONS: This four week program is open to classes in grades K-12. A minimum of 3 classes per school must participate to earn points and prizes in conjunction with AtlantisCare’s Turn Your School Wellness into Wealth Program.

Record the daily and weekly classroom minutes walked on log which is located on the reverse side and submit to healthyschools@atlanticare.org.

REAP THE REWARDS AND BENEFITS OF HAVING HEALTHY, ALERT AND ATTENTIVE STUDENTS.

EACH INDIVIDUAL CLASS WILL BE AWARDED BASED ON NUMBER OF MINUTES WALKED.

- LEVEL 1 200 - 250 MINUTES 100 POINTS
- LEVEL 2 251 - 325 MINUTES 150 POINTS AND PENCILS FOR PARTICIPANTS
- LEVEL 3 326 + MINUTES 200 POINTS AND PEDOMETERS FOR CLASSROOM

SOME EXAMPLES OF ELIGIBLE WALKING MINUTES TO RECORD INCLUDE, BUT ARE NOT LIMITED TO:

- An organized classroom walk outside during first 10 minutes of recess
- An extended walk down the hallways before going to lunch
- An organized class walk inside or outside before/after a test
- An organized walk around the perimeter of the building as a class reward

NOTE: Eligible walking minutes do not include regularly scheduled walking to/from classrooms, lunch room, exiting at end of day, etc. *Classroom minutes are not to be combined.
# CLASSROOM 4 - WEEK WALKING LOG

**NAME OF SCHOOL:** ____________________________________________

**TEACHER (NAME/EMAIL):** ______________________________________

**START DATE:** ________________

**END DATE:** ________________

**# OF STUDENTS:** ____________

**GRADE:** ____________________

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