



Welcome to the program!

THIS BOX CONTAINS EVERYTHING YOU NEED FOR THE FITNESS FOR KIDS CHALLENGE IN YOUR CLASSROOM:

- Classroom Tracker
- 8 packs of Monthly Newsletters - October through May
- Stickers for Each Month
- October Classroom Prizes (4 Colored Pencil Kits)
- End of year Completion Certificates

All materials (Spanish and Arabic versions as well) are available digitally here: www.fitnessforkidschallenge.com

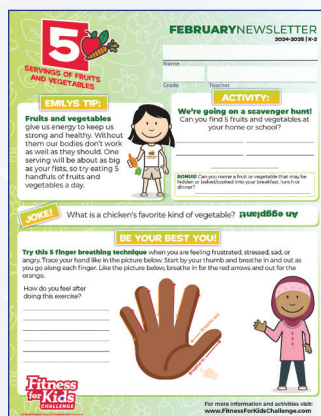


STEP 1: Display the **CLASSROOM TRACKER** in your room/hallway.



This is a great way to motivate your students each month. Have the students write their name and track their progress on the chart each time they complete a newsletter.

STEP 2: Hand out **NEWSLETTERS** monthly:



Each newsletter focuses on one goal for the month.

Students can complete the newsletters during classroom time, PE class or at home as homework. This program is flexible for you to implement it the best way for your school!

STEP 3: TRACKING:

We will send you an email with the goal each month, and a link to track all classrooms and number of students who completed the challenge newsletters. You can also have students track their progress on the classroom chart.

Please remember to forward monthly emails to any participating classroom teachers in your school. **Monthly gift card drawings will be held for teachers who complete tracking by the end of the month for each challenge.**



STEP 4: PRIZES:

Each month, we will mail out 4 prizes for your classroom to distribute to your top performing students! October's prizes are included in the box, colored pencil kits. Keep tracking your classroom progress every month and watch your email for even more incentives and opportunities for your classroom/school!

INCENTIVES AND PRIZES!

★ **5 -\$1000 Large School Grants**

★ **5 -\$1000 Small School Grants**

★ **1 -\$1500 Rural School Grant**

OVER
\$22,000
IN HEALTH
& WELLNESS
SCHOOL GRANTS!

★ **Top Suburban Schools**

1ST: \$1500 - 2ND: \$1250 - 3RD: \$1000

★ **Top Urban Schools**

1ST: \$1500 - 2ND: \$1250 - 3RD: \$1000

CLASS INCENTIVES!

TOP 10 Classrooms:

★ \$250 Each

★ **Fruit and Vegetable Tasting Days.**

TEACHER PRIZES!

★ **Monthly Prize Raffles**

★ **Classroom Grants**

★ **Gift Cards**

★ **and MORE!**

STUDENT PRIZES!

★ **Water Bottles**

★ **Jump Ropes**

★ **Colored Pencil Kits**

★ **Frisbees and MORE!**

ASSEMBLIES, FIELD TRIPS, MORE!



School Dance Parties
with DJ Milk



Local Park Field Trips
(guided hikes, biking, fishing, and more!)



Healthy Snack Classes
with Chef Andy



School concerts with local musician Kevin McCarthy

KIDSRUN
at school!

Field Trips to Rolly Pollies Kids Gym 

In order to be eligible for all end of the year prizes, you must fully participate and track your participation online at: www.fitnessforkidschallenge.com. Don't forget to hand out your completion certificate at the end of the school year for students who completed the challenge!

Looking for more information? Need Help, advice or ideas? Please don't hesitate to reach out to us, we are happy to assist in any way we can. Contact April Gampp at April.Gampp@IndependentHealth.com or Kelsey Garvelli at Kelsey.Garvelli@independenthealth.com.

Even more worksheets and coloring pages are on our website: www.fitnessforkidschallenge.com