



Dear Parent/Guardian:

This year at your school, your student will be participating in the Play 60 Challenge and Fitness for Kids Challenge! These programs will teach your students that being healthy is fun and focus on one goal each month:

## Play 60 Challenge:

- ★ **October:** Play 60 minutes a day- 30 minutes in school and 30 minutes at home.
  - At home: Your student needs to track their physical activity, including: sports practices, walking the dog, P.E. class, etc. on their tracking calendar.

## Fitness for Kids Challenge:

- ★ **November: 9 hours of sleep a night**
  - At home: Do the family newsletter and set a nightly bedtime routine as a family!
- ★ **December: Goal Setting**
  - At home: Do the family newsletter and talk to your student about a goal they want to set. Create a goal for your whole family too!
- ★ **January: Be your best YOU**
  - At home: Do the family newsletter and talk about some of the positive traits each member of your family has.
- ★ **February: 5 servings of fruits and vegetables a day**
  - At home: Do the family newsletter and try to add fruits/vegetables to every meal during the day.
- ★ **March: 2 hours of screen time, or less, a day**
  - At home: Do the family newsletter and limit your screen time as a family- try playing a board game, make a craft, or go for a walk!
- ★ **April: 1 hour of physical activity, or more, a day**
  - At home: Do the family newsletter and try a new physical activity as a family- hiking, kickball, etc.
- ★ **May: 0 sugary drinks a day**
  - At home: Do the family newsletter and drink more water and milk! Add fruit to your water to make it more exciting.

Your student will be able to win prizes throughout the year based on completing these Challenges. To see a full list of prizes, and to find more information, please visit us at: [www.FitnessForKidsChallenge.com](http://www.FitnessForKidsChallenge.com).