



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: Invisible Ink Pens
- End of year Completion Certificates

All materials are available digitally and in different languages at 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. Keep tracking your classroom progress every month and watch your email for even more incentives and opportunities for your classroom/school!

INCENTIVES AND PRIZES!

★ **1-\$1500 Urban School Award**

★ **3-\$1000 Large School Awards**

★ **3-\$1000 Medium School Awards**

★ **3-\$1000 Small School Awards**

OVER
\$20,000
IN HEALTH
& WELLNESS
SCHOOL FUNDING!

★ **Top Suburban Schools**

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

★ **Top Rural Schools**

1ST: \$1500 - 2ND: \$1250

CLASS INCENTIVES!

★ **TOP 10 Classrooms:**
\$250 Each

★ **Fruit and Vegetable**
Tasting Days

TEACHER PRIZES!

★ **Monthly Prize Raffles**
★ **Classroom Awards**
★ **Gift Cards**
★ **and MORE!**

STUDENT PRIZES! Such as:

★ **Water Bottles**
★ **Jump Ropes**
★ **Colored Pencil Kits**
★ **Frisbees and MORE!**



School Dance Parties
with DJ Milk



School concerts with local
musician Kevin McCarthy

ASSEMBLIES, FIELD TRIPS, MORE!

KIDS RUN
at school!



Healthy Snack Classes
with Chef Andy



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