



MORGAN SCHOOL
DISTRICT

WALKING CHALLENGE

2011-2012

MSD WALKING CHALLENGE INSTRUCTIONS

- FIND A TEAM OF 4-6 PEOPLE. STEPS WILL BE AVERAGED TOGETHER FOR TEAM TOTALS. WE ARE NOT COMPETING AS SCHOOLS SO YOU CAN HAVE PEOPLE FROM ALL OVER THE DISTRICT ON ONE TEAM.
- WHEN YOU HAVE YOUR TEAM IN PLACE, SEND AN EMAIL TO RAMONA GREENE AT THE MIDDLE SCHOOL WITH THE NAMES OF TEAM MEMBERS AND THE NAME OF THE TEAM CAPTAIN.
- THERE WILL BE 3 COMPETITIONS DURING THE SCHOOL YEAR THAT ARE 8 WEEKS LONG. THE FIRST ROUND IS NOV 7-JAN 1. THE SECOND ROUND IS JAN 2-MARCH 4. THE THIRD ROUND IS MARCH 5-MAY 6. YOU MAY PARTICIPATE IN ONE OF THEM OR ALL OF THEM.
- THE OBJECT OF THE CHALLENGE IS TO BE THE TEAM THAT HAS WALKED THE MOST STEPS IN 8 WEEKS. A \$25.00 PRIZE WILL BE AWARDED TO EACH TEAM MEMBER OF THE WINNING TEAM.
- USING A PEDOMETER, TRACK THE NUMBER OF STEPS WALKED PER DAY ON THE ATTACHED TRACKING CALENDAR.
- USE THE "ACTIVITY TO STEPS" CHART TO CONVERT NON WALKING ACTIVITIES INTO STEPS AND ADD TO PEDOMETER READING.
- REPORT YOUR TOTAL WEEKLY STEPS EACH MONDAY TO YOUR TEAM CAPTAIN AND THEY WILL SEND IT TO TERRY ALLEN TO POST ON THE WEBSITE.

Week 8								
Dec 26-Jan 1								

TEAM TOTALS (AVERAGED)

Team Captain _____ Team Name _____

WEEK 1 _____

WEEK 2 _____

WEEK 3 _____

WEEK 4 _____

WEEK 5 _____

WEEK 6 _____

WEEK 7 _____

WEEK 8 _____

FINAL TOTAL = _____

*** Team Captain: Remember to send your team's individual steps to Terry Allen each Monday so he can average them and post them on the website for tracking (and competitive) purposes!!! Good Luck and Happy Walking!