

*Link Community Charter School Presents*

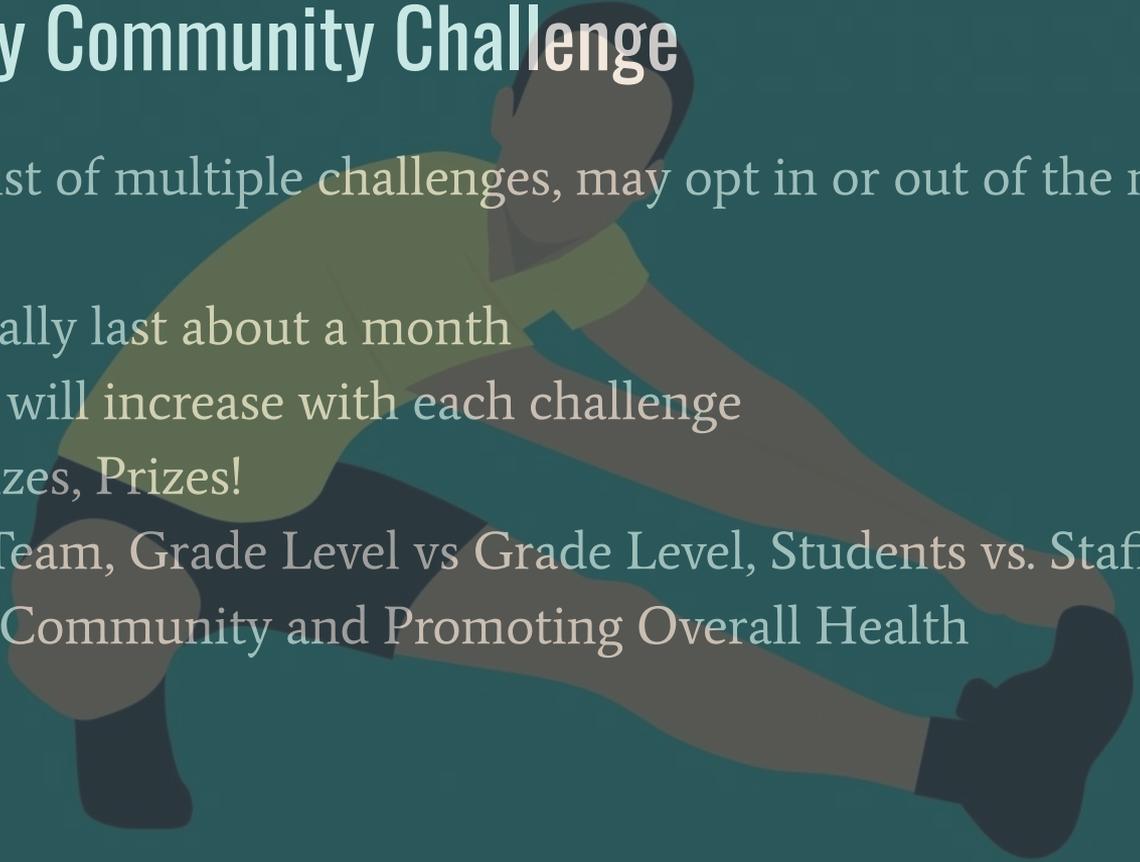
# Our Healthy Community Fitness Challenge

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*Let's Get Moving!*



# Our Healthy Community Challenge



- Will consist of multiple challenges, may opt in or out of the next challenge
- Will typically last about a month
- Distances will increase with each challenge
- Prizes, Prizes, Prizes!
- Team vs. Team, Grade Level vs Grade Level, Students vs. Staff
- Fostering Community and Promoting Overall Health

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# Challenge One: The New York City Marathon

Challenge Begins: Monday, January 25, 2021

Challenge Ends: Friday, February 19, 2021



**Challenge:** All participant must walk the entire length of the New York City Marathon within the contest period of 26 days. Pictures of step counts will not be accepted after 4pm on Friday, February 19, 2021. Please see the slide on Step Count Submission for other important details on this topic. In order to “cross the finish line”, each member of your team must record at least 60,000 steps during the time allotted. In the time given for this challenge, participants should aim to walk about 2,308 steps per day.

# Mini Challenges

Along with aiming to have each person of your team complete the marathon, there are other mini challenges that you and your team can win.

## Mini Challenges

<b>Team vs. Team</b>	<b>Grade Level vs. Grade Level</b>	<b>Students vs. Staff</b>	<b>Individual Awards</b>
<p>This challenge is within your grade level. Your team will compete against the 3 other teams in your grade level to walk the most cumulative steps.</p>	<p>In this challenge 5th, 6th, 7th, &amp; 8th will compete against each other to walk the most cumulative steps.</p>	<p>In this challenge the Students and Staff will compete against each other to walk the most cumulative steps.</p>	<p>-The student/ staff member who walk the most total steps. -</p>

# Link Fit Buddy System

Group members are encouraged to connect with another person in your group to be your fitness accountability partner. Your accountability is someone you can call to do your steps with. Your accountability partner should encourage you on the days you don't want to get moving and you should do the same for them. When the teams are confirmed, consider reaching out to someone on your team to be your accountability partner.

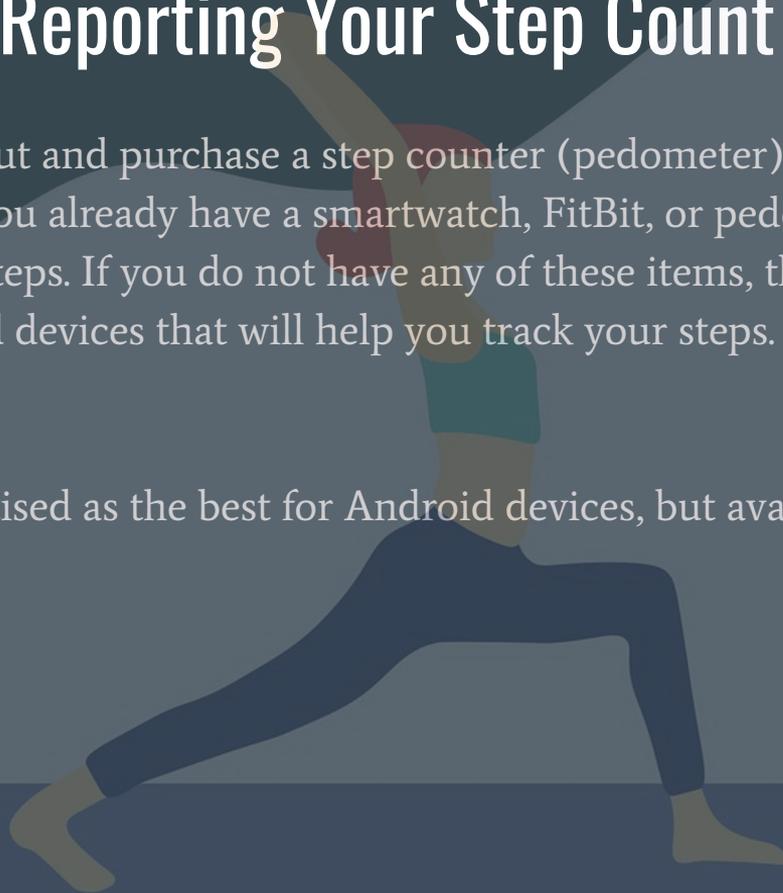
Encouraged, but not required.



# Recording and Reporting Your Step Count

You **do not** need to go out and purchase a **step counter** (pedometer) to participate in this challenge. However, if you already have a smartwatch, FitBit, or pedometer, you may use this tool to help you track your steps. If you do not have any of these items, there are **free** apps available for both Apple and Android devices that will help you track your steps. They include:

1. Pacer
2. FitBit
3. Google Fit (Advertised as the best for Android devices, but available for Apple as well.)
4. Map My Walk
5. Steps App



# Recording and Reporting Your Step Count Continued...

At the end of each week (**Fridays by 4pm**), you will submit your step calculations, with evidence to your team leader. Please read on for specifics on your submission process.

**Weekly Step Tracking Sheet**- Each week a step tracking sheet will post on Saturday morning with a due date of Friday at 4pm the following week. Each day of the week you should upload a picture of your step count (*\*note- Step counters reset at 12 am each night. Take a screenshot of your step count before you go to bed at night.*)

Challenge standings will be updated each Wednesday.