

Racing For Fitness Update

Thank you to all who participated in October's program.

A few reminders:

- 1) The Racing For Fitness program will cover full weeks, Monday – Friday.

Example:

In November, logging will take place starting the week of 11/7, 11/14, 11/21 and 11/28. Even though November ends on Wednesday 11/30, the November log will also include December 1st and 2nd to round out that week. Please make sure you log for the full weeks.

- 2) The goal for each week is *at least 2 laps* per day for *at least 3 days per week*.

Example:

If you log 1 lap per day for 5 days one week, that does not meet the goal. It needs to be at least 2 laps (60 minutes) at least 3 days per week.

Additionally, the goal needs to be met every week to be entered into the raffle.

Thank you again for your participation. Let's keep the numbers climbing and get as many of your children and their friends involved. Remember, each class with 70% participation or more is entered into the monthly raffle for a free day during their regular physical education class (1 for K-2 & 1 for 3-5th grade) and be awarded the Racing For Fitness trophy to keep in their classroom for the month!