

## **Racing For Fitness Update**

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

There seems to be some confusion on meeting goals for each week. Please note that you should exercise **at LEAST 2 laps/day at LEAST 3 times per week to meet your goal.**

We see many forms where only 1 lap/day is marked or the goal is not met 3 times/week for example but it is still marked that the goals were met. Please make sure to read the directions and properly mark if your child has met their goal so that we can give credit when they have earned it.

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 and have your name posted on the bulletin board.

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 3-5<sup>th</sup> grade) and be awarded the Racing For Fitness trophy to keep in their classroom for the month!