

# 2019 KIDS' PEDOMETER CHALLENGE



All Wellington kids aged 5 through 14 are eligible to participate! To begin, get yourself a pedometer or fitness tracker. You can sign up for this challenge starting on Monday, September 30. You can start logging your steps either the week of Monday, Sept. 30, or the week of Monday, Oct. 7. The challenge lasts for six weeks, so you must start logging steps by no later than the week of Monday, Oct. 7 in order to finish by no later than **Sunday, November 17, 2019, which is the LAST DAY you can log your steps.** You can turn in your completed scorecard anytime from Monday, November 11, through Tuesday, November 19. **You MUST turn in your scorecard by NO LATER THAN TUESDAY, November 19, 2019, in order to receive a prize.** Pedometers and fitness trackers can be purchased from many local retail stores such as Target, Walmart, Dick's Sporting Goods, Sports Authority, REI and Academy, or you can buy online from websites like Amazon. You can buy basic pedometers that record steps that you log by hand on the chart on the back of this sheet, or you can buy fitness trackers that actually download to your computer to keep track of your steps (Fitbit, Garmin, etc.). Also, many smartphones and ipods have apps that will log your steps for you. For more information visit the Fitness section of the Wellington website at <http://www.wellingtonhoa.net>.

Next, put on your tracker or pedometer and **START WALKING!** (Or running, that counts too!) The Kids' Challenge starts with a goal of 8,000 steps a day for at least 5 days per week during the first week. The second week kids must walk a minimum of 9,000 steps a day for at least 5 days of that week. For the third through the sixth week kids must walk or run at least 10,000 steps per day for at least 5 days of those weeks. (Of course, if you want to go for 10,000 steps during the entire 6 weeks, that's fine too!) If you are using a fitness tracker, check your steps every day to make sure you are meeting your goals.

**In order to be eligible for a prize, you must meet your goal a MINIMUM of 5 days per week, so for example, for the first week your goal is to walk a minimum of 8,000 steps per day; you should be logging a minimum of 8,000 steps per day for at least 5 days of the week for a week's total of at least 40,000 steps (5 days multiplied by 8,000 steps equals at least 40,000 steps the first week).**

So, it's time to get started! If you are using a fitness tracker, make sure it's ready for use. If you are using a pedometer, for best results wear your pedometer on your right side waistband, lining it up with your kneecap if possible. You should put it on in the morning when you get dressed, and wear it all day, taking it off when you get ready for bed. Log your steps when you take it off, then reset it so you'll be ready for the next day! At the end of the week, add it all up, then add up the Grand Total at the end of the challenge. If you're using a fitness tracker just print out your steps at the end of the challenge and turn it in to the Fitness Office.

All finishers will receive a prize for completing the challenge. Go get yourself a pedometer, put it on and start walking. Write your steps down every evening before you go to bed, then reset your pedometer so you don't forget in the morning when you are in a hurry to get to school. You will be amazed at how fast the steps add up!

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Participant Name: \_\_\_\_\_ email: \_\_\_\_\_

**Note: Kids' Challenge goal starts the first week at 8,000 steps and goes to 9,000 steps for the second week. Weeks 3-6 have a weekly goal of 10,000 steps.**

Week of: (insert dates)	Step Goal	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Week's Total
	8,000								
	9,000								
	10,000								
	10,000								
	10,000								
	10,000								
									<b>GRAND TOTAL:</b>



**In order to be eligible for a prize, you must meet your goal a minimum of 5 times per week.** Wear your pedometer all day, every day. Check your pedometer and record your steps EVERY EVENING before you go to bed!

Step/mileage conversions:

Steps	1,000	5,000	6,000	7,000	8,000	10,000	12,000	15,000
Miles	0.43	2.15	2.58	3.01	3.44	4.3	5.16	6.45

Please note, this chart is for reference only. It is based on an average stride length of 2'3". Your actual mileage may (and probably will) vary!