



Lycoming County Fitness Challenge School District Information Sheet

Teachers...

Beginning January 9, 2012 our school will be participating in the
Lycoming County Fitness Challenge
with many other schools around the area

What do you need to do?

Get the kids excited!

Send home "Take Home Activity/Nutritional Diary" packet with students on January 6, 2012. (All 6 week sheets are included, additional ones will be on wasd.org)

Students should record their minutes the following days:

- Week One: Monday, January 9 – Sunday, January 15
- Week Two: Monday, January 16 – Sunday, January 22
- Week Three: Monday, January 23 – Sunday, January 30
- Week Four: Monday, January 30 – Sunday, February 5
- Week Five: Monday, February 6 – Sunday, February 12
- Week Six: Monday, February 13 – Friday, February 17

**Collect "Take Home Activity/Nutritional Diary" every Monday
Start Tallying up points.**

Students should return to their teacher their "Take Home Activity/Nutritional Diary" on the following days. They must be turned in on these days to have them count for that week. (Can be collected on the following Tuesday if there is no school on Monday.)

- Week One: Tuesday, January 17
- Week Two: Monday, January 23
- Week Three: Monday, January 30
- Week Four: Monday, February 6
- Week Five: Monday, February 13
- Week Six: Monday, February 20

Teachers: Would you please:

- 1. Collect the take home activity/nutritional diary each Monday of the program***
- 2. Put the student diaries in alphabetical order in the folder provided***
- 3. Place the folder in your physical education teacher's mailbox by noon every Monday.***
- 4. You are provided with two folders for a rotating process.***

More to follow regarding incentives and student prizes. You are welcome to contact my office with questions or suggestions.

Rick Coulter 327-5500 ext. 33518

rcoulter@wasd.org