

READY, SET, WALK!



Get Ready! Get Set! Walk Your Way To Good Health, Fun And Social Connections!

THE GOAL: Increase the amount of walking your group, class or school engages in. This fun challenge enables children to walk and build up minutes to reach milestones and capture the flag from the other participating groups. You can get creative by using something other than a flag, for example: a school trophy or mascot.

HERE'S HOW IT WORKS:

WHO?

Determine who participates, e.g., walking group, class(s) or entire school

WHEN?

Set challenge duration, e.g., 1 week, 2 weeks, or more weeks

HOW?

Record minutes walked in the chart or fun table – see appendices A, B

Each team will compete for the flag.

The first team to reach the minute milestone, captures the flag (Appendix C) and can proudly display it in their classroom or another location in the school. The opposing team(s) has an opportunity to re-capture the flag if they reach the next milestone before the team that is in possession of the flag.

The first team to reach milestone #5 wins the race and the title of Super Star Walker!

For minutes walked and milestones, you can use the suggested table or create your own table. Feel free to adjust your minutes according to how you are counting them, e.g., individual participant or a group as well as the duration of your challenge.

Suggested table

or

Create your own table

Minutes Walked	Milestones
90	1
150	2
300	3
500	4
1000	5

Minutes Walked	Milestones

REMEMBER!

Walking minutes DO NOT include walking to and from the classrooms and going to get/eat lunch.

Examples Of Walking Minutes To Record:

- Walk with principal (or special guest)
- An organized classroom walk outside for 10 minutes of recess
- An organized walk outside
- Use of the Daily Mile
- Walk on Wednesdays
- Walking to and from school
- Family walks

Fun Tips!

Try walking fast for 1 min then walking slow for 1 min, a walk in nature (e.g. park), walk in a new location, do a silly walk, Five Senses Mindful Walk, Mindful Walking Journal

Appendices – Options for logging minutes and milestone levels



Appendix A: Chart for Recording Minutes Walked



**HELLO SUPER
STAR WALKERS!**

*Write down your minutes in
the eggs and colour in for fun.
Challenge yourself to achieve
your best minutes!*

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Appendix B: Chart for Recording Minutes Walked

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DAY 1: MINUTES WALKED



DAY 4: MINUTES WALKED



DAY 2: MINUTES WALKED



DAY 5: MINUTES WALKED



DAY 3: MINUTES WALKED



DATE: _____

WEEKLY TOTAL: _____

+PREVIOUS MIN TOTAL: _____

GRAND TOTAL:

Appendix C: Flag

If you don't have a flag, trophy or mascot of your own, you can use this flag.

