

2024 Coast to Coast Fitness Challenge

**Monday, January 22nd –
Sunday, March 3rd, 2024**

The Coast to Coast Fitness Challenge is back for another year! This program encourages students and their families to be active, and it provides incentives for students by rewarding them with “foot tokens”. In this year’s edition, we will be distributing foot tokens each week, and this year we’re hosting a family fun night at the Nittany Valley Sports Centre to cap off the program. The foot tokens are distributed to students on a weekly basis along with a keychain so that they can proudly display them on backpacks, coats, etc.

During the Coast to Coast Fitness Challenge, students will log their time spent in physical activities outside of school. Registration for the Challenge and weekly tracking will be done online. Instructions are included below. Weekly tracking will be submitted on Sunday of every week and foot tokens will be handed out the following week.

Virtual Academy students, you can still participate as well and pick up your foot tokens at school when available!

Throughout the program, physical activity will be measured by time. Walking, running, biking, hiking, baseball, gymnastics, dancing, lacrosse, soccer, basketball, dancing, jumping on a trampoline, swimming, jump roping, and hula hooping are all examples of activities that can be logged! Each 15 minutes of timed activity will count. *P.E. class and recess time will be automatically added to each child’s weekly total.* Goals are determined by the number of days. An average of one hour per day is the recommended amount of physical activity for elementary students (National Heart Association).

Incentives:

1. **Foot Tokens** – For every 10 hours of physical activity that a student records, he/she will receive a foot token. The ultimate goal for this year’s challenge is 75 hours. Students who log at least 75 hours will receive a Big Foot token.
2. **Family Fun Night at the Centre** – End of program incentive! All students who **accumulate at least 30 hours of activity OR have logged activity for 3 out of 6 weeks** are invited to attend a family fun night at the Nittany Valley Sports Centre (177 Champion Dr, State College) on Saturday, April 20 from 2:00 - 4:00 pm. The only cost to participants will be a \$2 donation per participant to the Centre. This is a private event and will be open only to GWE families whose student has logged enough activity.



Registration:

To register your child for the Coast to Coast Fitness Challenge, click on the below url. Registration will begin Wednesday, January 17th. Students will begin tracking their time on Monday, January 22nd, and the first tracking report will be sent on Sunday, January 28th. Registration information will be used only for the Coast to Coast Challenge and will not be shared with any other parties.

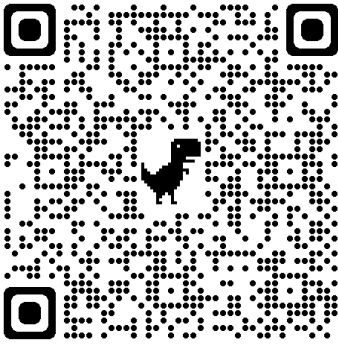
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Registration URL:

[Click Here for Registration](#)

or enter the following link into your web browser: <https://goo.gl/ZpefqM>

or scan the following QR code:



You will need to enter the following information:

- Child's first and last name
- Teacher (or Virtual Academy)
- Email address to which you'd like to receive the weekly tracking forms

Weekly Tracking:

There are six weeks in the Coast to Coast Fitness Challenge. Each week runs from Monday to Sunday.

Once you register your child you will begin to receive weekly tracking emails. Emails will be sent each Sunday, beginning Sunday, January 28th. **Remember: you will begin keeping track of active time on Monday, January 22rd. You will receive the first tracking email on Sunday, January 28th to enter the active time for that week.** Each week, you will need to enter the following information:

- Child's first and last name
- Teacher (or Virtual Academy)
- Total time accumulated for the week
(recess and gym time will automatically be added - do not include it in your weekly tracking)

Note, time will only be recorded online once a week! **If you need to enter time for a previous week that you missed, please add that time to the current's week log.**

Any questions, please contact Suzi Webster at suzi.ryder.webster@gmail.com or Jamie Short at jamielynshort10@gmail.com .