



5th Annual Run For The Heights

Super Hero Fun Run Activity Challenge



Don't forget to register for the **FUN RUN** or **5K!!**

Let's SYNERGIZE and BEGIN WITH THE END IN MIND!!

We need 350 Tigers to complete the 28 day Activity

Challenge **AND** register for the 5th Annual Run For The Heights **FUN RUN** or **5K**. **If we meet our goal, our Principals will run the FUN RUN as SUPER HEROES!!**

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20 push ups + drink 4 glasses of water	Run in place for 5—10 mins + 2-3 fruits & vegetables	30 minutes of activity + 2 servings of protein	5—10 mins of stretching + 10 squats	15-20 minutes of activity + 2 servings of whole grains	Try a new activity + 50 jumping jacks	45 min of activity + 4 glasses of water
30-40 jumping jacks + 2 servings of protein	25 sit ups + 2-3 fruits & vegetables	Try a new fruit or vegetable + 3 glasses of water	Jump rope for 10 mins + 1 whole grain	5 push ups, 15 sit ups, 10 squats + 2 fruits	Bike riding for 20 mins + 2 vegetables	45 min of activity + 4 glasses of water
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Begin by Monday, 1/26/15
in order to finish by
Sunday, 2/22/15!!



Turn in your completed activity log between **2/23—2/27** in order to meet our **GOAL!!**

Student Name	Teacher	Grade

I confirm that my child has completed , to their best of their ability, the 28 day Activity Challenge. If we receive 350 completed logs AND Fun Run OR 5K registrations from THE Students, our Principals will run the Fun Run dressed as SUPER HEROES!! Let's SYNERGIZE to BEGIN WITH THE END IN MIND and get prepared for the

5th Annual Run For The Heights on Saturday, 2/28/2015.

Parent's signature _____

