



## Play... dance... run... bike... jump...walk... Move!

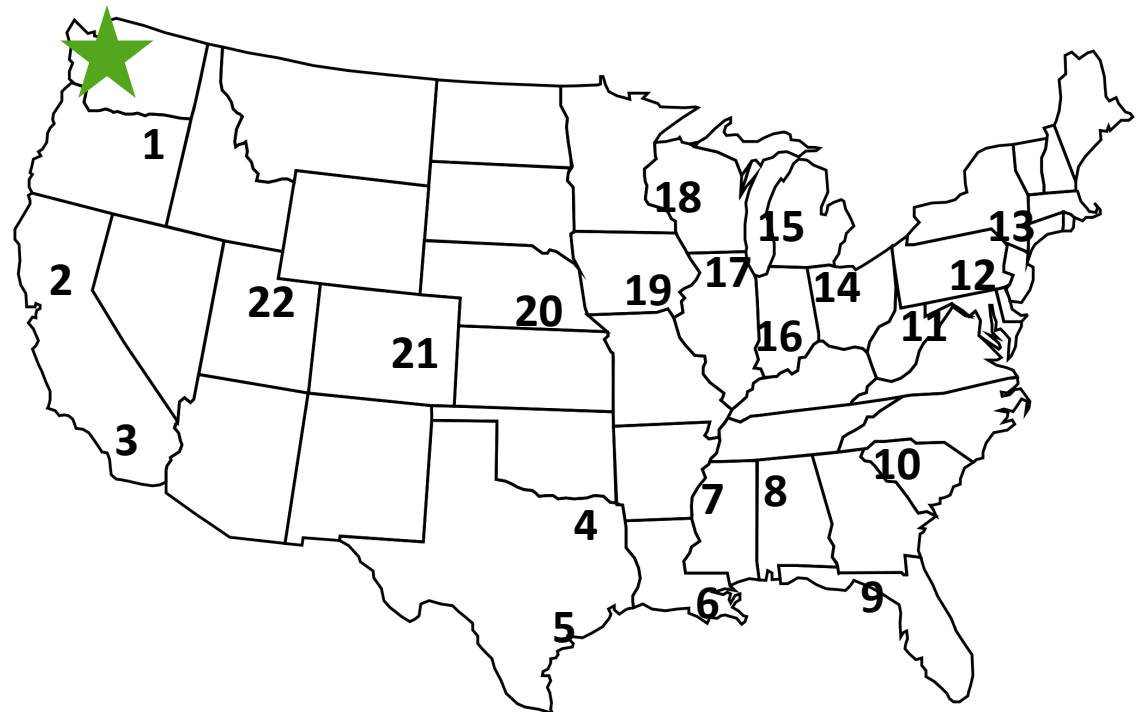
We want to travel to **EVERY** Greenwood School in the country!

All Greenwood students and their families are invited to come with us! Along the way to all 22 Greenwood Schools, we will learn healthy eating habits and have fun as we all challenge ourselves to incorporate more wellness activities into our daily routines.

### Here's how it works:

- ★ 30 minutes of physical activity OR one mile equals one road trip mile.
- ★ Each week you can earn one mile per day for participating in the nutrition challenge.
- ★ Every member of your family can contribute to our Road Trip miles.
- ★ Submit your weekly tracking sheet every Friday to contribute to our school miles.

How fast can we travel 9,993 miles?  
How many miles can your family contribute?



Look for updates on the bulletin board outside the gym to see how far we make it each week!



A new form will be sent home each Friday.

Questions? Contact [greenwoodwellness@googlegroups.com](mailto:greenwoodwellness@googlegroups.com)




# WEEKLY TRACKER


Play... dance... run... bike... jump...walk.... Move!  
30 minutes of physical activity OR one mile equals 1 Road Trip mile.

Name \_\_\_\_\_

Class/Grade \_\_\_\_\_

Where are we?	Where are we going?	How far is it?
Greenwood Elementary Seattle, WA	Greenwood Elementary La Grande, OR	344 miles

DATE	ACTIVITY	AMOUNT
 <b>BONUS ACTIVITY</b>	Try one new veggie this week	YES – did you like it?

 Fall is a great time to go on a nature walk – notice the different colors of changing trees, pick up some leaves along the way and use them to create a colorful art project!



Parent/Guardian Initials \_\_\_\_\_

