

[illegible]

A decorative header for a worksheet. It features a green grass border at the bottom. Above the grass, there are two grey vertical bars representing tree trunks. To the right of the second tree trunk is a brown American football with white laces and a blue and white logo. To the left of the first tree trunk, the word 'NAME' is written in a bold, blue, sans-serif font.

START

Y FOOTBALL FRENZY STEP CHALLENGE

Are you ready for a challenge? This challenge is designed to give the kids in your neighborhood a fun way to get moving and stay active.

Each kit includes:



Individual Tracker
Participants will use this tracker to keep track of their steps. It is a small, portable device that can be worn on a belt or clipped to a pocket. It will count the number of steps taken and display the total on a small screen.



13 Footballs

Each participant will have a football. They will use the football to mark their progress on the field. As they walk, they will place the football on the yard line that corresponds to the number of steps they have taken. For example, if they have taken 10,000 steps, they will place the football on the 10,000 yard line. They will continue to do this until they have reached the finish line.

Pedometers (not included)
Only steps are tracked by pedometers. Participants should use a pedometer to track their steps. If a participant does not have a pedometer, they may purchase one from a local sporting goods store.



Y FOOTBALL FRENZY

NAME

NAME

STEPS

DATE

STEPS

Each morning, update your total steps through the end of the previous day. At the end of the challenge, the total number of steps taken will be displayed on the pedometer. The total number of steps taken will be displayed on the pedometer.

1st QUARTER
2nd QUARTER
3rd QUARTER
4th QUARTER
CHAMPION

FINISH

