

SPRAGUE'S 30 DAY



STEP CHALLENGE

1. Pick up your child's pedometer from school on Friday, February 5th from 3 pm - 6 pm. It can also be picked up the following week in the school's vestibule during the times:
8:30-2:30
2:45-4:00
2. Starting on Monday, February 8th, help your child track their steps daily.
3. Record the daily steps on the 30 Day Step Tracker.
4. After 30 days, celebrate your child's accomplishment.
5. Send a picture of your child and the tracker to mvanduch@d103.org.