



## Join the HRACS Fitness Challenge

Student Name \_\_\_\_\_ AT \_\_\_\_\_

Train in just 7 weeks to move for 30 minutes (for grades 5 & up; younger students may adjust run times)

Week	# of walk/run minutes	Total # of minutes	Check!
Week 1 <b>Do this 3x/week</b> ↗	walk for 4 minutes, then run for 1 minute (repeat 3x)	15 minutes per day, 45 per week	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Parent initials _____
Week 2 <b>Do this 3x/week</b> ↗	walk for 4 minutes, then run for 2 minutes (repeat 3x)	18 minutes per day, 54 per week	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Parent initials _____
Week 3 <b>Do this 3x/week</b> ↗	walk for 4 minutes, then run for 3 minutes (repeat 3x)	21 minutes per day, 63 per week	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Parent initials _____
Week 4 <b>Do this 3x/week</b> ↗	walk for 3 minutes, then run for 4 minutes (repeat 3x)	21 minutes per day, 63 per week	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Parent initials _____
Week 5 <b>Do this 3x/week</b> ↗	walk for 3 minutes, then run for 5 minutes (repeat 3x)	24 minutes per day, 72 per week	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Parent initials _____
Week 6 <b>Do this 3x/week</b> ↗	walk for 3 minutes, then run for 6 minutes (repeat 3x)	27 minutes per day, 81 per week	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Parent initials _____
Week 7 <b>Do this 3x/week</b> ↗  <b>Congrats! You did it!</b> See page 2 for details on earning a badge.	walk for 3 minutes, then run for 7 minutes (repeat 3x)	30 minutes per day, 90 per week	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Parent initials _____



HRCS Healthy Fitness Goal:  
Can YOU run 1 mile in under...(see page 2)?



### Healthy Fitness Goal for the 1 Mile Run

Age	Girls	Boys
10	12 ½ minutes	11 ½ minutes
11	12 minutes	11 minutes
12	12 minutes	10 ½ minutes
13	11 ½ minutes	10 minutes
14	11 minutes	9 ½ minutes
15	10 ½ minutes	9 minutes
16+	10 minutes	8 ½ minutes



**Earn a badge** for completing all 7 weeks (with parent signature)

- 1) Follow the schedule & **run** each week (*TK-4th graders can adjust run times*)
- 2) Be sure to have a **parent initial** each week to confirm
- 3) AFTER the 7th week, **turn in** a copy of page 1, initiated by a parent, to your Advisory Teacher. You may send a picture of the form to your AT as well.
- 4) AFTER the challenge is complete **and AFTER** submitting the form to your AT, go to the #BadgeUp link and click "SUBMIT"



To find the badge link: Go to our HRCS website ([hart-ransomcharter.com](http://hart-ransomcharter.com)) → "Family Resources" tab → "Links/Forms" → click on the "*Become a Badge Ninja*" poster → scroll down to "Applied Skills & Character" → click on the "*Fitness Challenge*" logo

#### **Tip: 7 Best interval timer apps for Android & iOS**

\* Interval Timer Free \* Tabata Timer (Stopwatch Pro) \* Visual Timer

\* Runtastic Timer \* Seconds \* Intervals Pro \* iSmooth Run (iOS) or Repeat Timer Lite (iOS)