



Join the Fall 2020 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	# of walk/run minutes	Total # of minutes	Check!
October 11-17 Do this 3x/week ↗	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 _____
October 18-24 Do this 3x/week ↗	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 _____
October 25-31 Do this 3x/week ↗	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 _____
November 1-7 Do this 3x/week ↗	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 _____
November 8-14 Do this 3x/week ↗	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 _____
November 15-21 Do this 3x/week ↗	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 _____
Nov. 22-26 Do this 3x/week ↗ Congrats! You did it! 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 November 30, **turn in** 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 November 30 **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) → "Family Resources" tab → "Links/Forms" → click on the "*Become a Badge Ninja*" poster → scroll down to "Applied Skills & Character" → click on the "*2020 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)