



Participation Grid:

Color the squares as you complete each activity. You must complete at least 8 activities to earn a Randy shoe charm.

Go for a 15 minute walk with your family, play "I spy".	Play hopscotch for 10 minutes.	Jog around the block, backyard or any space available.	Do chores for 10 minutes.
Register on FundHub with adult help.	Rake leaves for 15 minutes and jump into the pile 5 times!	Dance to 3 of your favorite songs.	Play at the park for 15 minutes.
Play catch with a family member for 15 minutes OR pass with a soccer ball for 15 minutes.	Do 50 jumping jacks.	Skip or gallop around a playground 4 times.	While watching tv, do sit ups or push ups during an entire commercial.
Do 20 push ups with a stuffed animal on your back!	Do yoga (or stretching) for 10 minutes.	Walk a flight of stairs 10 times.	Make your own obstacle course inside or outside.
Do 1 minute of forward arm circles twice.	Do 3 sets of 20 bicep curls.	Do 3 sets of 10 push ups.	Ride your bike or scooter for 15 minutes.

Turn in your completed grid to your teacher by Friday, October 10.

Name _____ Grade _____ Teacher _____

I confirm that my child completed the activities colored in on the grid.

parent (guardian) signature _____