

<b>Week 1 - Your Name</b>		<b>Send Remind message to Mrs. Kim on Wed, 4/22, by 11:59 p.m.</b>							
<b>Activity</b>	<b>Total Min</b>	<b># Steps</b>	<b># Steps</b>	<b># Steps</b>	<b># Steps</b>	<b># Steps</b>	<b># Steps</b>	<b># Steps</b>	
		Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	
Total Each Column									
								Total Steps Earned	

**20 minutes of activity = 2000 steps**  
 (Kim will add these points at the end of the challenge.)

### Longhorn Move It! Challenge

#### What do you need to do?

#### Students vs. Teachers

1. Join [Longhorn Move It! Challenge](#) on **Remind @longhornmo**
  2. Put on your Darrouzett Longhorn shirt.
  3. Go outside.
  4. Breathe in and breathe out.
  5. Stay 6 feet apart from others during activity.
  6. Take a picture of yourself doing the activity.
  7. Record the activity in the chart.
  8. Record the number of minutes you spent on that activity.
  9. Convert the minutes to steps using 20 minutes = 2000 steps (can use actual step counts too).
  10. Send the picture to Mrs. Kim Duke in **Remind @longhornmo**
  11. For each week, send image of minutes to Mrs. Kim by 11:59 p.m. on Wednesday nights.
  12. Bonus: If a parent is with you for the activity, you can add his/her steps to yours.
- \*\*\*PRIZES will be awarded each week to the participant with the highest number of steps.

#### List of Activities

Ride your bicycle	Lift weights
Walk	DVD/Workout Video
Basketball	Hike
Run/jog	Tennis
Dance	Outside games
Yoga	Jump rope
Trampoline	Mow the yard
Chores	

## Longhorn Move It! Challenge Darrouzett ISD

