### Week 1 - Your Name

<table>
<thead>
<tr>
<th>Activity</th>
<th>Total Min</th>
<th># Steps Thursday</th>
<th># Steps Friday</th>
<th># Steps Saturday</th>
<th># Steps Sunday</th>
<th># Steps Monday</th>
<th># Steps Tuesday</th>
<th># Steps Wednesday</th>
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Total Each Column

Total Steps Earned

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### 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.***