

10,000 Steps Challenge

Moving for the Health of It

January 18th to January 29th

PRIZES

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Individual Competition: between two or more persons. Individual with the most steps wins the prize.

Team Competition: between two or more teams across sites. Team with the highest step average wins a prize. Teams can be any size above one.

What: District Wide Pedometer Challenge

When: JANUARY 18 to 29

Where: Everywhere you go by foot

Time: 24/7 weekdays

Who: Enter as an individual or as a team

Fee: \$5 per entrant

Enter as an individual or as a site/school team.

- PAEA will provide each entrant with a pedometer to wear throughout the day. Pedometers must be returned or can be purchased from PAEA
- Daily number of steps will be recorded every 24 hours into a google doc by each entrant.
- Prize value will be determined by the number of entries at each site and the type of competition entered.
- Get an application from your building rep or online at paeacta.org pony the application to Allye Mullins at Addison School.
- Entries close **Tuesday January 12**
- Winners announced February 2