



2018-2019 Enosburgh Elementary & Middle School Bodies in Motion Instructions:

Enosburgh Community Recreation, RiseVT, and ACTIONS are working together to support students in being healthy—each and every day.

Students can earn points for their activities during this two-week period. *Any* activity that gets kids moving around and breathing harder counts. Try walking, running, snowshoeing, skating, skiing, basketball, walking/biking to school, dancing, playing tag,...even sledding. ***For every 1 minute of activity, earn 1 point—but there must be a minimum of 10 minutes to count it.*** Even in 10 minute intervals throughout the day, there is great benefit!

Each week's logs will each have a "bonus" activity. Students will also be able to earn 30 points for each day they walk/bike to school—with Walking Wednesday or on their own. The highest point earners from each classroom will be recognized at ACTIONS quarterly recognition events.

Return the logs (even if you only completed 1 of the 2 weeks!) in the box near the front door on Monday, February 18th (and no later than Friday, February 22nd). We'll run 1 more challenge in the spring.

Questions? Contact
Enosburgh Recreation
Director at 933-4447 or
[recdirector@enosburgh
vt.org](mailto:recdirector@enosburghvt.org)

Watch ACTIONS' and/
or Enosburgh
Community
Recreation's Facebook
pages for updates and
more information.

Drop off both weeks'
logs together on
Monday, Feb. 18th!
(no later than Friday,
Feb. 22nd)



February 4th-
February 17th



Bodies in Motion—WINTER

Day	Points (1 min. = 1 point) **minimum of 10 min.	How fun was it?	What activity did you do?
Monday			
Tuesday			
Wednesday			Don't forget about Walking Wednesdays!
I walked to school today (30 points for each day)	I walked: M Tu W Th F		
Thursday			
Friday			
Saturday			
Sunday			
Bonus			
Weekly Total			

Bonus Activity: I snowshoed this week. (The Enosburgh Public Library has snowshoes to borrow) **Yes or No** (30 points if “Yes”)

Student Name: _____ Date: _____

Teacher Name: _____

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February 17th



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I walked to school today (30 points for each day)	I walked: M Tu W Th F		
Thursday			
Friday			
Saturday			
Sunday			
Bonus			
Weekly Total			

Week 2 Bonus Activity (30 points) : I ate a fruit or a vegetable from every color of the rainbow.



Student Name: _____ Date: _____

Teacher Name: _____