



Dear Students, Parents & Teachers,

You have been challenged to participate in the **2010 Governor's Challenge Competition**, a contest among K-12 schools that last year motivated 330,000 students from more than a thousand schools to get active, healthy and fit.

### **What is the Governor's Challenge?**

Governor Schwarzenegger has challenged Californians to be active 30-60 minutes a day at least three days a week for six weeks. Everyone who takes the Governor's Challenge can qualify for an individual reward as well as help earn prizes for Westpark. Adults who participate will receive a one month membership to 24 Hour Fitness, just for signing up!

### **What do you need to do?**

Students and Teachers should keep track of their daily activities for 6 weeks on the back of this form. Parents and Friends can help us earn extra rewards by participating along with the students. Parents and Friends must register online at <http://www.calgovcouncil.org/challenge/english/teachersignup/> and select Westpark as the school they will support.

### **What activities count?**

Any form of physical activity (outside of normal PE Class) can be counted. This includes things like walking to and from school, playing soccer or basketball at recess, playing on an after school sports team, or riding a bike. If you are being active, you can count the activity.

### **When do we start?**

Westpark will officially begin our 6 week challenge at the Jog-A-Thon on Wednesday, March 10. The competition will end on Tuesday, April 20<sup>th</sup>. All forms must be turned in by Friday, April 23.

### **Is there more?**

Of course!! The class with the highest percentage of activity days completed on their logs will win a Jamba Juice party.

Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

### Governor's Challenge Activity Log

Week 1	Activities	# of Minutes
Wed		
Thur		
Fri		
Sat		
Sun		
Mon		
Tues		
Participant Signature		Date

Week 2	Activities	# of Minutes
Wed		
Thur		
Fri		
Sat		
Sun		
Mon		
Tues		
Participant Signature		Date

Week 3	Activities	# of Minutes
Wed		
Thur		
Fri		
Sat		
Sun		
Mon		
Tues		
Participant Signature		Date

Week 4	Activities	# of Minutes
Wed		
Thur		
Fri		
Sat		
Sun		
Mon		
Tues		
Participant Signature		Date

Week 5	Activities	# of Minutes
Wed		
Thur		
Fri		
Sat		
Sun		
Mon		
Tues		
Participant Signature		Date

Week 6	Activities	# of Minutes
Wed		
Thur		
Fri		
Sat		
Sun		
Mon		
Tues		
Participant Signature		Date

### Verification

I certify that I have met the requirements of the Governor's Challenge by meeting my daily activity goal for at least 3 days each week and performing my activities for at least 6 weeks.

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Parent's Signature