5,000 Mile Children's Challenge!

Student/Family Log

Date	Student or Family Member Name	Number of Steps Walked
	TOTAL Steps=	0
	(2,000 steps = one mile)	/ 2,000
	TOTAL Miles	0.00

☑Use your Pedometer or App on your phone to track your steps from May 1, 2017 to April 30, 2018.
☑Fill out your Log Sheet and submit it to Kerri Quick or your School Based Coordinator at the end of each week.
☑Encourage other to join you: Family Members, Friends, Neighboors, ANYONE who lives or works in the Panther Valley School District
☑All steps will count toward Panther Valley's Adopt-A-School Challenge Goal
☑All persons 18 years and older can also track their steps by registering at www.tailonthetrail.org