

## Calling All Creekers:

**'Tis the Season For:** Staying active during the winter months especially when the cold weather entices you stay on the couch with a warm blanket...



**What?** **Magic Minutes Challenge**

**Who?** Students in grades K-6

**When?** January 9<sup>th</sup>-February 27<sup>th</sup>

**Where?** School playground, home, neighborhood, local gym, etc.

**Why?** In the winter, it is estimated that children burn only half as many calories as they do in the summer. Not only does the lack of exercise have a negative effect on their physical well-being, it also allows kids to store up a lot of unused energy. So, what can you do to use this energy? Participate in our **Magic Minutes Challenge** and stay active!

**How?** Record daily minutes of exercise on the attached chart. Each month, you will **receive** a new chart in your classrooms to be completed at home for the week. All participants will **return** the completed chart the following Monday, including daily minutes and weekly total. Grade levels with the greatest percentage of Magic Minutes accumulated in one month will be recognized.

Any questions, please contact Lisa Prendergast via email @ [lprendergast@cbsd.org](mailto:lprendergast@cbsd.org) or Kathy Budniewski @ [kbudniewski@cbsd.org](mailto:kbudniewski@cbsd.org)

*“Motivation is what gets you started. Habit is what keeps you going.”*

## What constitutes *Magic Minutes* each day?



- Walk in the neighborhood or park
- Sports practice or game
- Playing tag, playing hopscotch, riding bike, shoveling snow, raking leaves, gardening or jumping on a trampoline
- Hula-hooping, jump roping
- Hiking, ice skating, rock-climbing
- Dancing
- Push-ups, strength training, interval training
- Running
- Aerobics, Zumba, kickboxing, swimming
- Inline skating
- Yoga
- Tumbling
- Martial arts
- Stretching
- Other....

**January Week #1**  
**Magic Minutes**

Student Name \_\_\_\_\_

Grade \_\_\_\_ Teacher \_\_\_\_\_

Day of Week	Activity	Minutes	Parent Initials
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			
<u>Weekly Total</u>			

**January Week #2**  
**Magic Minutes**

Student Name \_\_\_\_\_

Grade \_\_\_\_ Teacher \_\_\_\_\_

Day of Week	Activity	Minutes	Parent Initials
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			
<u>Weekly Total</u>			

**January Week #3**  
**Magic Minutes**

Student Name \_\_\_\_\_

Grade \_\_\_\_ Teacher \_\_\_\_\_

Day of Week	Activity	Minutes	Parent Initials
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			
<u>Weekly Total</u>			

**January Week #4**  
**Magic Minutes**

Student Name \_\_\_\_\_

Grade \_\_\_\_ Teacher \_\_\_\_\_

Day of Week	Activity	Minutes	Parent Initials
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			
<u>Weekly Total</u>			

**February Week #1**  
**Magic Minutes**

Student Name \_\_\_\_\_

Grade \_\_\_\_ Teacher \_\_\_\_\_

Day of Week	Activity	Minutes	Parent Initials
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			
<u>Weekly Total</u>			

**February Week #2**  
**Magic Minutes**

Student Name \_\_\_\_\_

Grade \_\_\_\_ Teacher \_\_\_\_\_

Day of Week	Activity	Minutes	Parent Initials
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			
<u>Weekly Total</u>			

**February Week #3**  
**Magic Minutes**

Student Name \_\_\_\_\_

Grade \_\_\_\_ Teacher \_\_\_\_\_

Day of Week	Activity	Minutes	Parent Initials
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			
<u>Weekly Total</u>			

**February Week #4**  
**Magic Minutes**

Student Name \_\_\_\_\_

Grade \_\_\_\_ Teacher \_\_\_\_\_

Day of Week	Activity	Minutes	Parent Initials
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			
<u>Weekly Total</u>			

