



# 8<sup>th</sup> Annual Million Mile Walk for Wellness



## Fishback Creek Public Academy Million Mile Walk for Wellness Pledge Card October 2015-April 2016

The 8<sup>th</sup> Annual Million Mile Walk is a district wellness initiative to continue to help improve the health of our community. The district is asking students and staff to walk at least 1 mile per day or a total of five miles per week. **EVERYONE** is encouraged to participate individually or with a group. At Fishback our goal is to complete 78,060 miles to contribute to the district goal of 1,500,000 miles! To participate, complete the pledge card below committing to walk a certain number of miles per week. Other ways to support our Million Mile Walk are to pledge to exercise, participate in a sport or join a team activity a number of minutes per week and we will convert these activities into miles. Once you complete the pledge card, please return it to Fishback with your child. The miles pledged will be added to our school total mileage each month for the duration of the Million Mile Walk initiative. We appreciate your participation.

I/Our family/group \_\_\_\_\_ pledge(s) to walk \_\_\_\_\_ miles each week.  
(#in family/group) # of miles

\*AND/OR

I/Our family/group/team \_\_\_\_\_ pledge to do \_\_\_\_\_ for \_\_\_\_\_ minutes each week.  
(#in family/group) activity/sport # of minutes  
(basketball, football, dance, elliptical, etc.)

**Individual Name or Family/Group Member Names: Check any that apply:**

_____	___ Student (Grade ___) ___ Parent ___ Community Member ___ Staff
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Attach more names if needed.