

Hats off to Health Football Challenge Rules

1. 5 person team
2. One person designated as Captain.
3. 10 weeks – Sept 19- Nov. 29.
4. Get team forms from building reps.
5. Each team member tracks exercise minutes and turns minutes into Captain each Monday.
6. Captains turn in the minutes to building rep. by Tuesday of each week.
7. Every 1000 team minutes will move the football 10 yards. Each team member should average 200 minutes/week.
8. Building rep will track team minutes and advance the team football.
9. When a team reaches the 50 yard line, each team member will receive a prize.
10. Every team scoring a touchdown (10,000 minutes), will get entered into a drawing for **one of two \$250** team prizes. (that's **\$50** each for ten people!)



Building reps:

CHS Michelle Langmeyer, Wendy Mitchell-Payne

CMS Nancy Vander Horst, Dianna Bruns

CIS Jane Fleck

CES April Albers

CPS Deb Lehman, Ashley Luth

Ed. C. Brenda Dorner

Bus Garage Kim Sutter

Franklin Angie Stephenson