

MILLION STEP CHALLENGE

Sponsored by Students Taking Charge

**Think you have what it takes to
walk a million steps?**

Step 1: Get a pedometer

Step 2: Clip it on

Step 3: MOVE

Step 4: record your steps

**Challenge begins Monday January 16th.
Scorecards are available from Mrs. Fulks.
Return completed scorecards every
Monday. Talled steps will be on display
outside the Health room.**

**Participants reaching the million step goal
by May 5th will be recognized and receive a
certificate of completion and award.**



FYI

2000 steps = 1 mile

1,000,000 steps =

500 miles

**500 miles = walking from Methuen to
Washington DC**



Participants must sign up with Mrs. Fulks by 1/16/12 and provide their own pedometer. See Mrs. Fulks with any questions or concerns.