



HEALTHY UNIFIED CHAMPION SCHOOLS CHALLENGE

Challenge Details

A fun way to get students to make healthy choices! Schools participating must include a unified health education and physical activity component to their regular UCS activities. Those participating will have access to SO health programs such as SOfit and Fit 5 as well as support from the SONC Health Director. Students, classes and teachers will have opportunities to earn points along the way. The class with the most points and the top 3 students will be recognized at the SOFC Basketball Competition in February.

Rules

- Participating schools must include a unified health education and physical activity component to their regular UCS activities.
- Students (unified partners and athletes) must track their healthy habits weekly and report them by filling out the online tracking form.
- Students must fill out the online lifestyle survey at the beginning and end of the challenge. (First survey should be turned in by **November 16th**. Last survey should be turned in by **February 21st**.)
- Teachers must report on what program they used and their participation numbers at the end of the program.

Prizes

- The **top 3 students** with the most points at the end of the program will be announced at the SOFC basketball competition on February 22nd.
- The **top class** with the most overall points at the end of the program will be announced at the SOFC basketball competition on February 22nd.
- **Students** who reach at least **1,350 points** will receive 5 entries into a drawing for a fitbit at the end of the program.
- **Teachers** will be entered into a drawing for a fitbit if their students successfully report their weekly healthy habits throughout the whole challenge.
- **Extra entries** for the fitbits will be given to the teacher and his/her students with the overall highest total class points.
- **Extra entries** for the fitbits will be given for social media posts highlighting your healthy activities. You must use the hashtag #HealthyUCSChallenge and tag SONC and your school in all posts for them to count.
- All teachers and students will receive step trackers at the end of the program if they successfully complete the challenge.
- All classes will receive water bottles for signing up for the challenge.

Points

- Points will be awarded weekly for the following:
 - Eating 5 fruits and vegetables a day = 5 point
 - Drinking 5 bottles of water a day = 5 points
 - Participating in physical activity once a day = 5 points
 - Filling out the online tracking form = 5 points
- Total weekly points that can be earned = 110

Example: Suzy recorded 3 days where she ate 5 fruits and vegetables, 5 days where she drank 5 bottles of water and 7 days of being physically active. Suzy filled all of this out on her online tracking form.

3 days of fruits and vegetables = 15 points

5 days of water = 25 points

7 days of physical activity = 35 points

Filled out online form = 5 points

Suzy's total weekly points = 80 points

- Total points that can be earned by a student throughout the whole challenge = 1,650