



## The 3rd Annual Move-a-Thon is BACK!

*January 9-22, 2023*

Every year, St. Michael's students set a goal for physical activity and then seek donations from family, friends and neighbors to support their goal... and their school!

**Put your New Year's Resolutions into action. LET'S GET MOVING!**

**Monday, January 9 – Sunday, January 22:** *Get active and seek sponsors – make the most of MLK Day!*  
**Monday, January 23 - Wednesday, January 25 (DUE DATE):** Turn in packet to be considered for prizes.  
**Monday, January 30:** *Winners and prizes announced!*

The US Department of Health and Human Services recommends that kids do **60 minutes or more of daily physical activity to promote health and fitness**. Any type of movement counts, whether it is *walking the dog, running around at recess, dancing to your favorite song or working out in PE*. These small bursts of activity throughout the day can add up quickly – so keep a log and reach your goal.

**With each step, you are making strides toward overall fitness...  
while earning a healthy donation for St. Michael's!**

**SCHOOL-WIDE GOAL: \$20,000**

*Let's meet or beat last year's record of \$27,000!*

***Top earners and top movers from upper school and lower school will earn recognition and prizes!***



## Timeline & Tips

### Monday, January 9 – Sunday, January 22

**STEP 1** – Set a goal of active minutes per day. *Try to meet or exceed 60 minutes a day!*

**STEP 2** – Share your goal and seek the support of friends, family and neighbors to keep you on track and motivated. They can make a flat pledge for all your efforts – OR – they can pledge a certain amount per active minute.

**STEP 3** – Keep a daily log to track your progress. Have fun finding new ways to keep MOVING!

**STEP 4** – Keep seeking support and donations to meet your goal!

### Monday, January 23 - Wednesday, January 25 (DUE DATE!!)

**STEP 5** – Tally up your results and calculate the total due from your supporters.

Total active minutes \_\_\_\_\_ X \$ \_\_\_\_\_ per minute = \$ \_\_\_\_\_ **TOTAL DUE**

**STEP 6** - Share your **total active minutes** with your pledge supporters, along with any benefits you have experienced. Collect all donations. *Payment can be cash, check or paid via credit card online at [www.stmichael.net](http://www.stmichael.net)*

**STEP 7** - Turn in your pledge sheet, all donations and your activity log **BY WEDNESDAY, JANUARY 25**. Packets received after this date will certainly be accepted but will not be eligible for prizes.

### Monday, January 30

School-wide results are in - get ready to celebrate!

## Prizes!!!

for top performers and top donors in lower school and upper school

**BRAGGING RIGHTS!** Teachers /vs/ Students – Who logged more minutes on average?

**School-wide prizes** for every goal met!

**Gift Cards!**

**Class Party in the Park!**

**Free Dress Day for All!**

**Bonus Recess Time!**



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

Grade: \_\_\_\_\_

Homeroom/Advisor: \_\_\_\_\_



***I've committed to boosting my activity every day! Will you support my goal with a pledge or donation?***

Sponsor's Name	Address	Per minute pledge	Flat Donation	TOTAL	Cash	Check	Online
<i>Example: John Smith</i>	<i>101 Main Street, Tucson, AZ 85711</i>		\$50	\$50	✓		
<i>Example: Jennifer Jones</i>	<i>101 1st Ave, Tucson, AZ 85701</i>	\$0.05		$\$0.05 \times 840$ minutes = \$42			✓

**Checks should be made payable to St. Michael's School. Donations are tax-deductible as allowed by law. (Federal Tax ID #86-0143859)**











































Sponsor's Name	Address	Per minute pledge	Flat Donation	TOTAL	Cash	Check	Online
				<b>GRAND TOTAL</b>	\$		

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# ACTIVITY LOG

MY GOAL IS TO BE ACTIVE \_\_\_\_\_ MINUTES EVERY DAY!

Student Name:		Grade:	
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Date	Activity	Active Minutes	How do I feel after moving?
Monday, January 9			  
Tuesday, January 10			  
Wednesday, January 11			  
Thursday, January 12			  
Friday, January 13			  
Saturday, January 14			  
Sunday, January 15			  
MLK DAY! Monday, January 16			  
Tuesday, January 17			  
Wednesday, January 18			  
Thursday, January 19			  
Friday, January 20			  
Saturday, January 21			  
Sunday, January 22			  
<b>TOTAL MINUTES ON THE MOVE!</b>			

Turn in your complete packet **NO LATER** than **Wednesday, January 25** to be eligible for prizes!