

Presenting Sponsor



## WHAT IS BIG SKY FIT KIDS?

A FREE 3-MONTH COMPETITION FOR MONTANA KIDS FROM FEBRUARY 1<sup>ST</sup> - MAY 1<sup>ST</sup> BASED ON ACCUMULATED PHYSICAL ACTIVITY.

### ENTRIES WILL BE ACCEPTED THROUGHOUT THE PROGRAM

- ❖ INDIVIDUAL MILES WILL BE RECORDED ON THE FREE WALL CHART SUPPLIED TO ALL TEAM CAPTAINS.
- ❖ TEAM CAPTAINS WILL REPORT THE TEAM'S MILEAGE ON A MONTHLY BASIS [bsfk@bigskygames.org](mailto:bsfk@bigskygames.org) under Team Report
- ❖ KIDS RECEIVE INDIVIDUAL MILEAGE CHART TO RECORD PERSONAL ACTIVITY.
- ❖ TEAMS THAT HAVE REPORTED EACH MONTH & ACCUMULATE A TOTAL OF AVERAGE 200 MILES DURING THE 3 MONTHS WILL BE PLACED IN A DRAWING TO WIN ONE OF THREE **\$500 MONETARY AWARDS** FOR THEIR SCHOOL, CLUB, ETC.
- ❖ A POSITIVE WAY TO TEACH KIDS ABOUT THE IMPORTANCE OF BEING PHYSICALLY ACTIVE AND THAT FITNESS CAN BE FUN!

## WHO'S ON A TEAM?

- ❖ EACH TEAM NEEDS AN **ADULT** TEAM CAPTAIN.
- ❖ EACH TEAM CAPTAIN MAY HAVE 10-30 MEMBERS ON THEIR ROSTER.
- ❖ TEAMS MAY CONSIST OF STUDENTS FROM SCHOOL CLASSES, MEMBERS OF 4-H CLUBS, AFTER SCHOOL PROGRAMS, CHURCH YOUTH GROUPS, SCOUT TROOPS, EVEN BROTHERS AND SISTERS. THE ONLY RULES ARE PARTICIPANTS MUST BE UNDER THE AGE OF 18 AND EACH 12 MINUTES OF VIGOROUS PHYSICAL ACTIVITY COUNTS AS 1 MILE AND 60 MINUTES OF VIGOROUS PHYSICAL ACTIVITY EQUALS 5 MILES.

## HOW DO I GET A TEAM INVOLVED?

- ❖ ORGANIZE A TEAM OF 10-30 MEMBERS.
- ❖ CHOOSE A TEAM NAME.
- ❖ REGISTER ONLINE AT: [www.bigskyfitkids.org](http://www.bigskyfitkids.org)
- ❖ ENTRY FEE IS FREE AND INCLUDES WEEKLY NUTRITION AND ACTIVITY TIPS, A LARGE WALL CHART, LOG SHEETS FOR TEAM MEMBERS TO KEEP A PERSONAL RECORD, AND A LISTING OF NUTRITION AND ACTIVITY RESOURCES.
- ❖ TEAM CAPTAINS WILL RECEIVE A CONFIRMATION LETTER AND THE OFFICIAL ACTIVITY-TRACKING WALL CHART UPON ARRIVAL OF TEAM ENTRY FORM.

## IMPORTANT DATES TO REMEMBER:

- ❖ **FEBRUARY 1** - BIG SKY FIT KIDS STARTS! ENTRIES WILL BE ACCEPTED THROUGHOUT THE PROGRAM
- ❖ **FEBRUARY THROUGH APRIL** - TEAM CAPTAINS WILL RECEIVE WEEKLY NUTRITION AND ACTIVITY TIPS VIA E-MAIL FROM THE SUPPORT STAFF OF *BIG SKY FIT KIDS* TO HELP KEEP EVERYONE MOTIVATED. TEAM CAPTAINS WILL REPORT TEAM'S TOTAL ACTIVITY MILES ON A MONTHLY ONLINE AT [www.bigskyfitkids.org](http://www.bigskyfitkids.org) under Team Reports.
- ❖ **REPORTING DATES FOR ACTIVITY MILES ARE:** MARCH 1<sup>ST</sup>, APRIL 1<sup>ST</sup>, AND MAY 1<sup>ST</sup>.
- ❖ **MAY 7 - LAST DAY TO REPORT FINAL MILES** (including miles only through May 1<sup>ST</sup>)
- ❖ **MAY 3-7 - FIT KIDS DAY!**: PICK A DAY DURING THAT WEEK AND DO 30 MINUTES OF CONTINUOUS PHYSICAL ACTIVITY. SCHOOLS WITH 100% PARTICIPATION WILL BE PLACED IN A DRAWING TO WIN ONE OF THREE **\$500 MONETARY AWARDS** FOR THEIR SCHOOL. Register online at: [www.bigskyfitkids.org](http://www.bigskyfitkids.org) under FIT KIDS DAY
- ❖ **MAY 12 - AWARD WINNERS WILL BE DRAWN!** (THREE \$500 awards for BSFK and THREE \$500 for BSFK GTDD)

## COMMUNITY SPONSORS



## Contributing Partners

Eat Right Montana, Billings Clinic, Wendy's, Albertsons  
Montana Nutrition, Physical Activity Program (DPHHS),  
Montana Association of School Superintendents & Montana Chamber Choices

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