

Presenting Sponsor



BIG SKY FIT KIDS

Program of
MONTANA'S
BIG SKY
STATE GAMES

Name _____



Activity Mile Key

12 mins. = 1 mile 24 mins. = 2 miles
30 mins = 2.5 miles 60 mins. = 5 miles
*each section on the track equals 5 miles

Suggested activities: Active play of any kind • Basketball Game • Playing in the pool • Shooting hoops • Biking (with a helmet) • Frisbee • Touch Football • Hiking • Jogging • Playing in the park • Racquetball • Jumping Rope • Playing tag • Playing kick the can • Roller Skating (with a helmet) • Skateboarding (with a helmet) • Soccer • Swimming • Tennis • Walking

START

After each hour of activity, fill in one segment

Great Start!

50

100

Wow! 100 miles!

150

Superstar! 150 miles!

300!

I like exercise because: _____

Exercise is fun!

Being active keeps my body strong!

Let's go outside and play!

Will you play catch with me?

200

Fantastic! 200 miles!

250

Outstanding! 250 miles!