

Dear Aquarian Families,

It is time for the October Healthy Futures Log. Go get some exercise and some heart stomping fun - 60 minutes for 15 more more days. Fill out the online form BEFORE NOVEMBER 1 and earn incentives while you get healthy!



Use this QR code to fill
out the October HF form

or go to this link: <http://bit.ly/AquarianOctoberHF>

Want more details? Read on.

How does a child participate in Healthy Futures? With your assistance, your child records physical activity on the Healthy Futures Activity Log. Qualifying logs must show at least **60 minutes** of physical activity during a day, for at least **15 days** of the month.

You can spread out the 60 minutes of activity during the day. They can even break it up into smaller chunks of time during the day.

******* How will we turn in Challenge Logs this year?** Students fill out logs at home to watch their progress getting activity each month. At the end of each month (Sept, Oct, Nov) or once they have 15 days with 60 or more minutes, you will use the QR code below, or go to this LINK <http://bit.ly/AquarianOctoberHF> to let us know you've done it. **We will not accept paper logs this year. Please fill out the online form.** You should fill out a log for each child in your family that completes a log.

**THE ONLINE ACTIVITY FORM MUST BE
COMPLETED BEFORE November 1, TO BE ELIGIBLE
FOR PARTICIPATION INCENTIVES.**

Incentives. In addition to being happier and healthier, students are rewarded for participating in Healthy Futures. The contest will run for the months of Sept, Oct and Nov. In exchange for turning in a completed log each month, students will receive a small prize and will be entered for a grand prize drawing at the end of the school year.

This is a wonderful program that is sure to benefit your child and our school. If you have any questions, please do not hesitate to contact me.

Sarah Fineman