



2019 Silver Spoke Challenge

April 29th-May 3rd



Previously called the Wheel to School Week Challenge.

Be active every day by walking and biking *where* and *when* you can!

Student Name: _____ School: _____

Teacher/Grade: _____ Parent/Guardian Name: _____

Parent/Guardian Phone Number or Email: _____

Directions: Place an X on the days you walk or wheel to, from, at, or after-school. Wheels include bikes, scooters, skateboards, wheelchairs, and rollerblades.

	Monday April 29 th	Tuesday April 30 th	Wednesday May 1 st	Thursday May 2 nd	Friday May 3 rd
TO SCHOOL	Wheeled 	Wheeled 	Wheeled 	Wheeled 	Wheeled
	Walked 	Walked 	Walked 	Walked 	Walked
AT SCHOOL	Walked 	Walked 	Walked 	Walked 	Walked
	Wheeled 	Wheeled 	Wheeled 	Wheeled 	Wheeled
FROM SCHOOL	Wheeled 	Wheeled 	Wheeled 	Wheeled 	Wheeled
	Walked 	Walked 	Walked 	Walked 	Walked
AFTER SCHOOL	Wheeled 	Wheeled 	Wheeled 	Wheeled 	Wheeled
	Walked 	Walked 	Walked 	Walked 	Walked

All logs will be entered into the prize drawing. Participate 5/5 days to be eligible for the grand prize!

Schools with the highest participation will earn the Silver Spoke Award.
*25% of students must participate to be eligible for the award.

Return your completed log to the Health Dept. by Friday, May 10th.

Mail to:
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