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**STAY  
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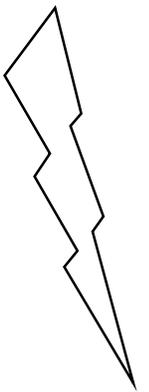
SUGGESTED  
CHECK INS:

NOV. 20=  
680 MIN.

FEB. 1=  
1360 MIN.

MAR. 25=  
2100 MIN

MAY 27=  
2900 MIN.



**#ChargeForward20**

For each school day we are asking you to READ 20 minutes and EXERCISE 20 minutes. Write your minutes in the boxes.

RE=Minutes of Reading

PE=Minutes of Physical Exercise

Add up the totals of each month below:

Month	RE Min.	PE Min.
Oct.		
Nov.		
Dec.		
Jan.		
Feb.		
Mar.		
Apr.		
May		

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Student Signature

Tell your family! Have a parent or guardian sign this sheet. Tell them you are taking the #ChargeForward20 Challenge!



# Take the #ChargeForward20 Challenge!

The Peacock Chargers are taking a challenge to keep our brains and bodies in shape!

Here's the challenge:

Read 20 minutes per day outside of school. 100 minutes per week!

Exercise 20 minutes per day outside of school. 100 minutes per week!

**TOGETHER** we can **READ 1 MILLION MINUTES** and  
**EXERCISE 1 MILLION MINUTES!**

*Why would we do this?*

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Independent reading is like doing push-ups for your brain. It makes you smarter! Studies show that kids who read outside of school do better on tests and have more confidence in the classroom.

Exercising is important because we need to build strong bodies! When you engage in physical activity every day you can focus better in school. Exercising regularly will give you more energy, help you feel good, and keep your heart healthy.

*How can we do this?*

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### **Reading Challenge:**

- Think about reading different genres.
  - Read some books that challenge you and some that relax you.
  - Read books in class and at home.
  - Did you finish your test early? Read a book.
  - Bored during Common Time? Read a book.
  - Waiting at the dentist office? Read a book.
  - Ask a friend to suggest a book.
  - You know that awesome movie you just saw? Read the book!
  - Read to take a vacation without leaving your seat.
  - Visit the library regularly to find the perfect read!
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### **Physical Exercise Challenge:**

- Take a walk with a friend, family member or pet.
  - Walk or ride your bike to school if possible.
  - Dance when nobody is watching or have a dance party with a friend.
  - Play your favorite sport.
  - Jog in place, do sit-ups or do toe touches while watching TV.
  - Go swimming!
  - Try a yoga video on YouTube.
  - Play an Intramural sport.
  - Help your family with yard work.
  - Play at the park with a younger sibling or friend.
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