

# WALK TO SCHOOL CHALLENGE

Get your passport stamped every day during the Walk to School Challenge week.

**DAY 1**  
Use the Saskatchewan *in motion* Walking Bingo Card.  
saskatchewaninmotion.ca

**DAY 2**  
Gather a group of your friends and walk to school together.

**DAY 3**  
Remember to dress for the weather. Walking in the rain can be fun!

**DAY 4**  
How many different ways can you walk? Skip? Jump?

**DAY 5**  
Congratulations, you did it! You're a five-day walker!

**WHAT COUNTS?**  
Walk, bike, skate or scoot. As long as you use your own two feet to get to school, it counts!



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# WALKING PASSPORT

www.saskatchewaninmotion.ca

THIS WALKING PASSPORT BELONGS TO:

NAME \_\_\_\_\_

MY CHALLENGE WEEK IS:

DATES \_\_\_\_\_ TO \_\_\_\_\_

**MOM AND DAD:**  
Visit the website for tips and tools to help your family get started.

## GIVE WALKING A TRY!

- » IT'S GOOD FOR YOUR BRAIN.
- » IT BUILDS HEALTHY BODIES.
- » YOU GET TO SPEND TIME WITH FRIENDS.
- » IT'S FUN!



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