



Welcome back! Through a partnership with The Department of Health and Social Services, we are offering the opportunity to participate in the Healthy Futures program through an Activity Log Challenge in which students and schools can be rewarded for being active. Our goal is to increase the number of schools participating, as well as increase the average number of logs per student. The contest will once again run for three months, February, March and April.



How does this work?

Each month you give students an [Activity Log](#) with a deadline for returning them to you. Students complete the newly designed Activity Log and after four weeks return them to you. You enter the student's name into the attached database and enter a "1" in the column to the right of their name. After completing the database, email it to Ronda Aspengren at info@healthyfuturesak.org. Included in your email should be 1) your name, 2) the name of your school and 3) the number of each incentive you need.

How do I get started?

The 2012 Activity Log Getting Started Guide is a step-by-step guide to participating in the activity log program. The log includes our contact information if you have any additional questions.

What are the incentives for the students?

The incentives are as follows...

1st Log: hackey sack

2nd Log: boomerang

3rd Log: adjustable digital jump rope

**Please note that the incentive given is based on how many logs the student has turned in, not on the calendar month.

What is the last day to email your final database to Ronda?

- **May 2**
- Any databases emailed after May 2 will not be included in the contest.

What can your school win?

In May, Healthy Futures will tabulate the results. The top three schools with the highest percentage of participation will then be awarded grants based on the average logs completed per participant. The grant money can be used to purchase educational materials or equipment that supports our mission of developing the daily habit of physical activity. The grant awardees will be announced the end of August.

Grants will be awarded as follows...

1st Place: \$500

2nd Place: \$300

3rd Place: \$200

Will there still be a grand prize?

Yes! Students who turn in three consecutive qualified logs and/or participate in three community events, or any combination of the two during the three-month challenge are eligible to win one of four \$300 Sports packages.

Qualifying Logs: Students must complete and record a minimum of 30 minutes of vigorous activity at least 3 days per week for four consecutive weeks outside of the physical education classroom.

What can you do to help?

Healthy Futures and Alaska's Department of Health and Social Services will evaluate the program. The decision to continue the incentive based activity logs is based on the level of participation, available resources and your feedback. During this spring challenge, we want to set a new record high for the number of students and schools participating. With your participation, every student will learn the benefits of regular physical activity.

Thanks for all you do for Alaska's youth. Good Luck!

Cindy & Ronda

Healthy Futures Get "Active"-ists

Follow us on Facebook www.facebook.com/healthyfuturesAK for event details.