



Keep Moving! Fitness Challenge Patch Program

Let's keep moving!

Girl Scouts of all ages can take part in the *Keep Moving! Fitness Challenge*. Each member customizes their challenge and sets her own personal goal. This fitness challenge is a great way to try new activities – be a runner one day and play badminton the next. To start, each member sets her personal goal: Level 3 (140-239 points), Level 2 (240 – 339 points) or Level 1 (340 -500 points). Everyone has three months to accumulate their points to reach their goal.

The Keep Moving! Fitness Challenge Patch may be purchased at the council shops. A “rocker” patch indicates the level reached.

Participants earn points for each thirty (30) minute session of exercise or council-sponsored healthy living event. The points are totaled over the three month period to determine the level reached. For example:

- Level 3: 30 minutes x 3x each week = 140 - 239 points
- Level 2: 30 minutes x 4x each week = 240 - 339 points
- Level 1: 30 minutes x 5x each week = 340 – 500 points

Below are sample activities and their point values. If your particular brand of exercise is not listed, choose one that is similar and go with those points. If you attend a council-sponsored event which focuses on a particular activity, use the activity points.

Activity	Points per 30 minutes		Activity	Points per 30 minutes
Aerobics	6		Ping Pong	4
Backpacking	7		Roller Skating	7
Badminton	5		Rope Skipping	10
Baseball/softball	5		Rowing	7
Basketball	8		Soccer	7
Bicycling	8		Swimming	8
Bowling	3		Tennis	7
Canoeing	4		Volleyball	4
Dancing/Dance- Dance Revolution	6		Walking (brisk)	4
Frisbee	3		Yoga	4
Golf	4		House Cleaning	4
Healthy Living event (info)	1		Mowing the Lawn (push mower)	6
Ice Skating	7		Raking Leaves	4
Jogging/Running	8		Shoveling Snow	6
Martial Arts	8		Wii	4-6
Paddleball	10		Zumba	8

Get Started!

1. Discuss the challenge project with your group. Who would like to participate?
2. Interested participants choose a three month time period in which to Keep Moving! Set a date and time for your *Keep Moving! Fitness Challenge* award ceremony.
3. Each participant chooses their goal; Level 1, Level 2 or Level 3.
4. Each participant begins a personal time log. This can be in any format they choose- loose-leaf paper, spreadsheet, journal, etc...
5. Participants may exercise independently, with their family, or with the troop/group. Why not set aside some special days to make it more fun?
6. At the end of the three month period, purchase appropriate awards for participants & celebrate!

Keep Moving! Fitness Challenge Survey

Upon completion of the patch program, return this survey to the council shop or if you purchase online, send to the GSOFACT Program Department,
20 Washington Ave. North Haven, CT 06473, fax 203-239-7220 or email to program@gsofact.org

Name of person completing survey: _____

___ I am a troop/group Leader # Girls _____ or ___ I am an individual girl

Grade Level (check all that apply) ___D ___B ___J ___C ___S ___A

Thank you for taking time to answer this survey.

- o If you are answering for a troop/group please complete this as summary.
- o Use a rating scale of 1- 4 with 1 being the highest/most positive.
Include the numbers of girls who answer in each range.

When I feel stressed, exercise helps me feel better.

1 # girls ____, 2 # girls ____, 3 # girls ____, 4 # girls ____

I can think of at least four ways I can exercise and have fun.

1 # girls ____, 2 # girls ____, 3 # girls ____, 4 # girls ____

It is important for me to include exercise in my schedule.

1 # girls ____, 2 # girls ____, 3 # girls ____, 4 # girls ____

I can explain why exercise is good for you.

1 # girls ____, 2 # girls ____, 3 # girls ____, 4 # girls ____

I have gotten other people (family, friends, etc...) to join me in Keep Moving Fitness Challenge, or other exercise activities.

1 # girls ____, 2 # girls ____, 3 # girls ____, 4 # girls ____



Thank you! Keep Moving!