

Name _____

Username _____

School _____ Class _____

World Fit Sports and Exercise Table

Aerobics, Archery, Badminton, Baseball, Basketball, Biathlon, Bicycling, Bobsled, Boccia, Bowling, Boxing, Canoeing, Climbing, Cricket, Curling, Dance, Decathlon, Discus, Diving, Dodgeball, Equestrian (horseback riding), Fencing, Field Hockey, Football, Free diving (snorkeling), Goalball, Golf (with cart), Golf (without cart), Gymnastics, Hammer throw, Handball, High jumping, Hockey, Hurdles, Isometric exercises, Jet skiing, Judo, Karate, Kayaking, Kickball, Lacrosse, Lawn bowling, Long jumping, Luge, Modern Pentathlon, Paddleboarding, Pilates, Plyometric exercises, Pole vaulting, Polo, Raquetball, Rollerblading, Rowing, Running/ Jogging, Sailing, SCUBA diving, Shooting, Shot put, Shuffleboard, Skateboarding, Skeleton, Ski jumping, Skiing, Snowboarding, Soccer, Softball, Speed Skating, Spinning, Squash, Stair Climb, Stretching, Surfing, Swimming, Synchronized Swimming, Table Tennis, Taekwondo, Tai Chi Chuan, Team Handball, Tennis (doubles), Tennis (singles), Trampoline, Triathlon, Triple jumping, Ultimate Frisbee, Volleyball, Walking, Water Polo, Weightlifting, Wheelchair exercise, Windsurfing, Wrestling, Yoga

AUTOGRAPHS



An Organization Supported by the
U.S. Olympians and Paralympians Association

World Fit Log Book

Welcome

Welcome to the World Fit Walk! On behalf of all the Olympians and Paralympians, we congratulate you on becoming part of our World Fit Team. Over the next 6 weeks you will try to improve your health and physical fitness by walking daily and participating in sports and exercise. Every day you will log your miles walked and sport/exercise credit either on our website at www.worldfit.org or by using this manual log sheet. If you elect to use this manual log to keep track of your miles, we suggest that you transfer all of the recorded campus miles walked and sport credit hours at least once per week to the website via computer or cell phone. At the end of the six weeks, you must enter all miles and sport credit hours on the website in order for you and your school to receive credit for those miles achieved.

During the World Fit Walk, an Olympian, Paralympian or high level Athlete will visit your school and talk about the importance of staying fit for life and the Olympic values, such as fair play, respect and perseverance. By joining us you will help make a difference in the world...one step at a time. So let's start walking!

World Fit Walk

When the World Fit Walk begins at your school, log the total miles you walked on campus along with the sport/exercise and the number of hours you participated in each sport daily, rounding off to the nearest 15 minutes. You will be given credit for any sport or exercise you do. Check on the back of this logbook to see if your sport or exercise is listed and, if not, ask your teacher, coach or athletic director which sport is closest to the one you did. Try to transfer the recorded entries from your logbook into the website or cell phone log in application at least once per week, according to how your school or teacher requests you do so. The website will track your miles and compare them to other students and schools in your region. If you can achieve 60 miles over the 6 weeks of the Walk, you will receive a World Fit Certificate signed by the athlete and Principal. If you reach 120 miles in the 6 weeks, you will receive an additional President's Lifetime Fitness Achievement certificate issued by the President's Council on Fitness, Sports and Nutrition. Each school also receives 25 beautiful World Fit medals to award to its most deserving students.

When the World Fit Walk is completed for all schools in the country, the final results will be posted on our website so you can see how your school performed nationally. The World Fit Wyland National Championship trophy will be awarded to the large school (greater than 500 students) and small school (500 or fewer students) each year that achieved the highest average miles logged per student per day. The Wyland trophy will be displayed proudly at the winning schools for a full year and then passed on to the next winning schools.

Day	Campus Miles Walked	Sport 1	Hrs	Sport 2	Hrs	Sport 3	Hrs	Week
1								week 1
2								
3								
4								
5								
6								
7								
8								week 2
9								
10								
11								
12								
13								
14								
15								week 3
16								
17								
18								
19								
20								
21								
22								week 4
23								
24								
25								
26								
27								
28								
29								week 5
30								
31								
32								
33								
34								
35								
36								week 6
37								
38								
39								
40								

Total World Fit Miles earned _____