

World Fit® School Check list

- *Register your school for World Fit Walk (www.worldfit.org)*
- *Form a WF Committee in the school*
- *Determine the WF start and end dates in spring (must coincide with other schools in region)*
- *Register all of the teachers as WF Buddies (each teacher can form a class team)*
- *Determine how to find your 40 mins per day of Walk time*
- *Determine when and where students will log in miles*
- *Measure your WF Walk course(s)*
- *Determine your WF Assembly date with your CL*
- *Assign a parent(s) to recruit WF Buddies for school*
- *In spring, when WF starts, get walking and exercising! Let the fittest school win*



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