

WELCOME TO WORLD FIT

Building a Successful World Fit Program in your School



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

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Introduction and Overview

The World Fit Walk is an adaptable, affordable and sustainable fitness program created and supported by over 8000 United States Olympians and Paralympians dedicated to fight childhood obesity in America. Simply put, the World Fit Walk gets kids walking and moving AND having fun.

Unique to World Fit is the athlete role model. World Fit invites an Olympian, Paralympian, or world-class athlete to address the Kick Off Assembly at each school as a motivator. They speak of lifelong fitness and the Olympic values, such as hard work, fair play, respect, and also address healthy eating and lifestyle choices.

After spring break each year, students and teachers begin six weeks - 40 consecutive days - of the World Fit Walk. The Walk takes place 30 to 40 minutes a day, before, after and/or during school on school campus, always supervised by school staff. Schools designate a measured path where the Walk takes place.

Students log the distance they walk on the World Fit website. The website also credits walkers for other sport or exercise activity. The website tells each walker their total daily distance based on campus miles plus sport credit miles. Students earn awards when specified milestones are achieved over the six week Walk. These awards, provided by World Fit, include certificates, Olympic-style medals and a National Championship trophy for both the small and large school categories.

Please note that this kit is a flexible guide adjustable by schools as needed. The requirements to adopt World Fit are minimal and the rewards monumental! World Fit students have walked virtually millions of miles to date using the blue print in this manual.

WORLD FIT Definitions and Terminology

World Fit Mission. *World Fit was created by the US Olympians Association as an achievable means to end Childhood Obesity in the US and world wide. The mission is to establish a practical school program that motivates kids to love being active and outdoors.*

World Fit Community Leader. *Community Leaders are individuals who introduce World Fit to their local school district and schools. They begin the process at Phase One and remain involved until the Principal and his/her staff are comfortable as they move into Phases Two and Three. The Community Leader will always be available from start to finish.*

World Fit School Leader. *This person is appointed by Principals to be their World Fit point person. S/he takes full charge of all facets of World Fit in the fall, working with faculty and staff to prepare for the six week Walk in the spring. NOTE: Schools may choose to divide the preparation into teams instead of one person.*

World Fit Competitions. *To add fun and also extra motivation to the six-week Walk, competitive components are encouraged:*

Individual Student Competition. *This is the foundation of the World Fit Walk. Each student walks as far as possible, during the daily 40 minute sessions, plus after school and on weekends. As they have fun accumulating personal miles, they compete for World Fit Awards (see pg 11).*

School-Wide Competition. *As an added incentive to walk more, home rooms can form teams and compete for an inter-school championship. If Ms Smith's students are ahead of Ms Jones', the Jones' students pick up the pace to get the lead. This motivates everyone.*

Local/Regional Competition. Likewise, school vs. school, region vs. region, trying to become champion will motivate kids.

National Competition. All miles logged (walking, sport credit and Buddy miles) go toward the National title. The school with the most miles nation wide is the World Fit National Champion and wins the coveted Wyland trophy – designed and donated by Wyland, the famous marine artist. There is one trophy for the small school (under 500 students) and one for the large school National Champion.

Logging Miles Daily. This step is critical. Every school’s objective is to achieve the highest average miles per student over 40 days. Logging daily on the website calculates this. Failure to log miles means students/schools do not receive full credit for their effort. The school Walk record to date is 9.9 miles per student per day over 40 days. Logging manually, and using the World Fit cell phone application, is also possible. (See pg 10)

Sport and Activity Credit. All sports, physical activity and exercise can be applied to “walking miles”. Students on sport teams log their daily/weekly sport time on the site which automatically converts it to walk miles. Buddies also can donate half their sport/activity time to any student registered for the Walk.

Buddies and Buddy Miles. Parents, relatives, friends and neighbors are recruited by students to participate in the World Fit Walk as Buddies. Half the distance every Buddy walks can be donated to students including Buddy sport and activity credits. Buddies may donate to only one designated student every day, but may choose a different student daily. Students may accept daily credit from unlimited numbers of Buddies. Buddy miles are awarded to both the student and their school. Teachers as Buddies can be creative with their miles donating them to deserving students for outstanding class work, good attitude, etc.

World Fit Program Outline and Timeline

PHASE ONE “Ready”

Fall

- *World Fit Approval and School Selection*
- *Introduction to New Schools*
- *Faculty and Staff Preparation*

PHASE TWO “Set”

Early Winter

- *School Committees Underway*
- *World Fit Announcement to Student Body*
- *Parents and Community Involvement*

PHASE THREE “Go!”

Spring

- *Last Minute Preparations Before Spring Break*
- *First World Fit Walk Begins*

*Ready *****Set*****Go!!*

PHASE ONE: “Ready” GETTING STARTED

I. World Fit Approval and School Selection - Early Fall

A. Secure the School District Superintendent’s approval to adopt World Fit. S/he needs to understand the basic World Fit goal and that World Fit is simple to implement and proven successful. World Fit provides additional information as needed to help a Superintendent with this decision.

B. The first World Fit year, at least two schools, selected by the Superintendent, participate in the Walk. Remaining schools are added each year(s) until all schools are included.

II. Introduction to New Schools – Early Fall

A. Principal/Staff make World Fit a school-wide project.

B. First Actions

1) Register School on Website, www.worldfit.org.

- *Click on Register*
- *Click on Schools*
- *Click on School Registration*

2) Select in-school leader. This person orchestrates the World Fit Walk at their school. NOTE: The In-school leadership can be a team of teachers, a parent volunteer, or the Principal can take this role. Each school adapts as needed.

3) Determine 40 minute walk schedule. Suggestions:

- *Reduce time between classes.*
- *Shorten lunch/ shorten homeroom.*
- *Trim time from Non-Assessed Core classes*
- *Trim time from Elective/exploratory classes*
- *Meet before and after school w/ teacher*
- *Find obvious 30 to 40 minutes available every day.*

NOTE: *40 minutes can be two 20 minute sessions. Example: 20 minutes from a non-assessed core class and 20 from an elective class one day. Or, package the shortened lunch-homeroom time into a 20 minute segment to add to 20 from a core class. Develop a schedule so every period has kids on the path. Be creative.*

4) *Confirm World Fit start date. The Walk usually starts the first Monday students return from spring break and lasts 40 full days--six weeks--ending on a Friday. If this start date does not fit, contact World Fit about an alternate date. Ideally, all local schools start and end the same day.*

III. Introduction to Faculty and Staff – Mid Fall

Principal announces World Fit to staff.

A. Introduce School leader and the basic World Fit requirements, 40 minute schedule, etc.

B. Principal assigns committees/tasks. Examples:

*1) **Student Registration.** The World Fit backbone is tabulation of student miles. Upload the master student file.*

File must include for each student:

- *Real first/last name * Gender*
- *Grade *Username and Password*

***Usernames and Passwords:** The Student Username, can be a teacher's name followed by a number. EXAMPLE: Ms Diaz has 31 students: assign the user name Diaz1, Diaz2 etc. Names of teachers who do not register can still be used for student username. Students remember their own username for log in, protecting identities. Passwords can be each student's ID #. If no ID #s, use the school name.*

*2) **Teachers and Others as Buddies.** Parents, teachers relatives, friends, and neighbors can register on the World Fit website as Buddies who donate half their miles to the same or a different student each day. The Buddy system encourages family participation and generates more miles for students and schools.*

Students and Buddies get credit for all sports and exercise activity in addition to World Fit Walk miles. The website converts sports and exercise into equivalent walking miles. So, daily totals are based on walking miles plus sport credit miles.

Like students, Buddies log in daily, whether walking was on campus with students, or elsewhere, plus their daily sport credit miles. Buddies register with their own Username and Password.

3) Classes as Teams. *Create teams from homeroom, classes, or by grade as a way to determine the in-school winning World Fit class. Teachers donate buddy miles, and a fun competition is created as students and classes compete.*

4) Kick Off Assembly. *An event to start the Walk. A World Fit kick-off assembly usually takes place the first Walk day. NOTE: This can also be held on the day the athlete speaker is scheduled if it is not day one. The Assembly is an upbeat event to excite students about the fun and the purpose of World Fit.*

Ideas include: School spirit theme with band and cheerleaders performing along with speakers including:

- *Olympian- fitness and health and honest competition*
- *Principal-World Fit goals, participate with pride. etc*
- *Student Body Rep-our school plans to win, do our best!*
- *School World Fit Leader-Walk rules, log in procedure, etc*

World Fit provides a DVD for the assembly and other videos if requested. The assembly lasts 30 to 40 minutes and ends with the students and Olympian walking the campus path together.

As with every aspect of World Fit, the kick-off is flexible. It can be a school wide assembly, or involve only a segment of the student body, or simply be a “good luck to all” announcement over the school PA. What ever the approach, it is important to rally student interest, to motivate kids to set personal goals and to excite them about walking.

5) Plan Details for PA messages. *Add World Fit to the daily announcements. Establish PA ideas before the World Fit Walk begins. Decide who will do PA messages. Example: alternate students, alternate teachers, teachers only, other?*

6) Olympic Speaker. *There are 30,000 middle schools in America and 8,000 Olympians and Paralympians. This means it is*

not always possible to match schools with Olympians. Therefore, along with Olympians and Paralympians, World Fit also invites world class athletes and Olympic hopefuls as speakers and role models. Athletes are paired with schools near their home. NOTE: World Fit tries its very best to match schools and athletes.

7) Map and Measure Campus Walk Path. *Measure a path on school grounds with a clear starting point suitable for large groups. Students calculate their daily miles walked based on the number of laps over the measured path. Most school paths are 2/3 to 3/4 mile laps. If there is no campus path, the school 1/4 mile athletic track is an option.*

8) Establish Campus Walk Rules. *Each school must adapt World Fit Walk rules to fit their needs. (See pg 17).*

9) Locations/Times for Mileage Log In. *It is critical that students log their miles to receive credit for their work. The website and logging system is very sophisticated, very user-friendly and requires only a few minutes each day. The challenge is to find available computers, and time for student access. Ideas include:*

- **Computer Lab/ Library Time.** *Weekly labs. Students keep a daily manual log (see pg 10.) Once a week, accumulated miles are transferred to the website during lab/library. Log in intervals longer than once a week, is not recommended.*
- **Classroom Computers.** *Teachers are encouraged to permit students to log in during class.*
- **Home Computers.** *Students are allowed/encouraged to use home computers helping to relieve congestion at school.*
- **Cell Phones or Pads.** *Cell phones are allowable for Buddies and student log in. Domain for cell phone application is <http://worldfit.org/studentactivities/mobile>.*
- **Parents.** *Students use manual logs to track daily miles and parents assist with the log in.*
- **Manual Log.** *Manual logging for 40 days is permissible but not recommended.*

NOTE: The 40 days of data from the manual log **MUST** still be transferred to the website by the end of six weeks for the student and school to receive credit for the student's miles.

10) Community Involvement. Besides family and friends, World Fit attracts co-workers, community organizations, churches, and local businesses to join as partners/sponsors. Ask the PTA and local businesses to find community support to fund Walk related projects such as tee shirts Kick Off -Wrap Up Assembly, in-school awards, etc. Growth in each community is unlimited.

11) Awards. Official World Fit Walk Awards are:

- **The Six week 60 mile World Fit certificate:**
 - Signed by the athletic director, principal and athlete
 - Printed by the school/school district or gifted to each school by the World Fit Foundation.
 - Enough must be printed (or received) for each student that reaches this goal.
- **The President's Active Lifestyle Achievement Certificate**
 - Awarded to the 120-mile students and Buddies that achieve 60 miles.
 - Sent electronically to each school/ Buddy
 - The World Fit database determines which student/ Buddies receive this certificate based on their miles.
- **World Fit Medals for Deserving Students-25 Per School**
 - Determine qualifications for the 25 medals. Examples: Greatest weight loss, attitude change, come from behind, assertiveness, kindness, selflessness, leadership, positive outlook, most miles logged etc.

PHASE TWO: “Set” PLANNING AND PREPARATION

IV. Committee Progress Reports – Early Winter.

Evaluate progress/problems. Connect with World Fit re questions as needed and continue to work on assigned tasks.

V. Announce World Fit to students. *Each school plans this announcement to fit them. Decide how/when to make the announcement: homeroom, over PA, parent letter etc. The objective is to “talk up” the World Fit Walk leading into spring break, so students anticipate walking when they return.*

A. Implement Plan to Excite Students. *Visit website, discuss teams, begin student registration, explain Buddies etc.*

B. Secure Community Partners. *(See pg 11).*

C. Assign Phase Two projects

1) Letter to Parents. *Email/ hard copy explaining program; mail late March/early April. (See pg 20).*

2) Keeping Track. *Assign mileage tracking duty. Every school receives an administrative username and password to access their list of registered students.*

World Fit will email the school contact whenever a student enters an extremely high number of miles on a given day. Correction, if any, falls to the student and the school. Students, of course, are expected to report miles and hours honestly and are asked to sign an oath before the Walk (See pg 21.) Consequences relating to discrepancies are the responsibility of schools. World Fit can eliminate miles when needed, if students are discovered cheating.

The website data for all schools, students and Buddies includes:

- *Student walking miles/ activity miles*
- *Buddy miles*
- *Total student/buddy miles (campus walk, sport credit).*
- *Local/regional mile totals for competitive schools*

▪ **3) Motivation to Log In.** When the bell signals time for the Walk, kids are eager and ready. But, they must also be eager to log their miles so they earn full credit for themselves and their school.

NOTE: The true number of miles walked is lost when miles are not logged. (See pg 5) Motivational tools to encourage logging in are:

- **School Spirit and Pride.** Schools logging the most miles can take pride in proving they have the fittest students in town.
- **Olympian Motivation.** The athlete speaker delivering an inspiring message makes a positive impact on students.
- **Certificates and Medals.** Special awards are given to students for meeting/exceeding goals and other achievements.
- **Setting Goals.** One school created the slogan “Walk to London and Back” (Site of the 2012 Olympic Games). The student body total equaled walking to London and back 30 times.
- **T-shirts for Students.** The World Fit Foundation can provide t-shirts (low cost to schools) for students when a school goal is reached, showing each student did their part to reach the goal. Local business may purchase shirts for the students.
- **Paper Shoes in the Hallway.** Student names on paper sneakers displayed in the hallway when a student reaches a mileage goal. The sneaker shows each kid helped obtain the goal.
- **World Fit Student of the Week.** Recognize a student every week for something special they did that week.
- **Wyland World Fit Trophies.** Marine artist Wyland donated two bronze dolphin trophies for the national champion small and large schools (500+ students).
- **Class Teams.** In-school competition created to determine which grade/ class is the fittest school-wide. Plan a special award for the fittest class or grade
- **Photos on the Website.** Student photos that promote good health can be uploaded on the website for all to see.
- **Music-Yes and No.** Some schools use music to energize walking and add a fun atmosphere. However, schools may also choose no music to promote talking and socializing without distraction. World Fit supports both scenarios.

PHASE THREE “Go” WALKING BEGINS

VI. Before Spring Break. Continue to talk about the Walk in classes, etc up to the last day before Spring Break. The object is to create momentum that will stay with the students till they return and the Walk starts.

A. Be sure every student is registered BEFORE break. Register your entire student body on the World Fit website quickly and easily. (See pg 7).

B. Continue daily fun announcements before Spring Break using students and teachers, others as motivators on the PA.

C. Work on Kick Off Assembly

VII. First World Fit Walk Experience. The Olympic athlete is an outstanding role model. Students and teachers alike find the World Fit Walk is fun, motivating, challenging, healthy -- AND exhilarating. The planning and the preparation has come together and it's working.

Welcome to the World Fit World.

*Ready ***** Set ***** Go!*

Appendix
(all materials are on the enclosed CD to print)

Working Outline

PHASE ONE “Ready”

I. Approval and School Selection Pg 8

- A. Superintendent of Schools Permission**
- B. Selection of Schools**

II. Introduction to New Schools Pg 8

- A. Meet with Principal**
- B. Principal Actions**
 - 1) Register School**
 - 2) Confirm Start Date**
 - 3) Select World Fit Leader**
 - 4) Determine Six Week Walk Schedule**

III. Introduction to Faculty/Staff Pg 8

- A. Brief World Fit Goals, Requirements,**
- B. Assign Committees**
 - 1) Student Registration**
 - 2) Teachers/others as Buddies**
 - 3) Classes as Teams**
 - 4) Kick Off Assembly**
 - 5) Announcing World Fit to Student Body**
 - 6) Olympic Speaker**
 - 7) Campus Walk Path**
 - 8) Log in schedule/Locations**
 - 9) Community Involvement**
 - 10) Awards**

PHASE TWO “Set” PLANNING and PREPARATION

IV Committee Progress

Pg 13

- A. Study progress/problems/call WF with questions***
- B. Continue work on assigned tasks.***
- C. Assign Phase Two tasks.***
 - 1) Letter to Parents***
 - 2) Tracking miles***
 - 3) Student Motivation***
 - 4) Morning PA Announcements***

V. Announce World Fit to Student Body

Pg 13

- A. Excite Students about World Fit***
- B. Secure Community Partners***
- C. Assign Phase Two Projects***
 - 1) Letter to Parents***
 - 2) Tracking Miles***
 - 3) Student Motivation Tools***
 - 4) Morning Announcements***

PHASE THREE “Go!” WALKING BEGINS

VI Before Spring Break

Pg 15

- A. Begin Morning Announcements***
- B. Last push to register Students***
- C. Kick Off Assembly rehearsal***

VII First World Fit Walk

Pg 15

- A. Kick Off Assembly***
- B. Six week Walk Schedule in Place***
- C. Awards/ Recognition Assembly Wrap Up***

Appendix

Walk Rules and Requirements

- *Each school shall set its own World Fit campus walk hours.*
- *Each school sets its own “Rules While Walking.” Example: stay on measured walk path; no pushing, shoving, horse play, etc. World Fit feels running and/or jogging is acceptable during the Walk, however, each school path is different and schools must make rules fit accordingly.*
- *World Fit Walk sessions must be monitored by school staff.*
- *World Fit Walk Buddies can donate 1/2 their daily logged miles to any student of their choice who is registered in the Walk. (See Buddies Pg 5).*
- *Students may count up to three sports in a given day during the Walk. The sport time logged should include only the time in active participation. Participating teachers monitor students for logging accuracy. Students found deliberately logging more campus miles or more hours in sports activities than they actually achieved, are not eligible for World Fit awards; however may continue to participate in the Walk. Their miles may not count toward the school total. NOTE: World Fit will email school contacts when a student logs in a suspiciously high number of miles.*
- *Walking between classes does not count toward daily totals.*

- *Credit for World Fit school competitions and awards begins the first day of the Walk. Students must be registered on time to receive credit for a full 40 days of walking and activities. Those registering late (after the Walk has started) begin accumulating miles from the date they register forward. Example: students registering a week (seven days) late, earn only 33 days of mileage/sport credit out of the full total 40 days. World Fit calculates the “average miles walked” by each student and each school, based on 40 days. Registering after the formal walk start date, lowers the total average for that student, for the entire student body, and it misrepresents the fitness achieved by all. (See Registration Pg 9)*
- *Students may only log their miles once a day. Therefore, it is best to log miles at the end of the day at home or the next day at school. If a student forgets to log in, or gets out of their logging pattern on a given day, thus missing credit for miles, may add the missed miles to the following day’s total.*
- *Weekend walking on the school campus path (without school staff supervision) may be counted as a sports activity.*
- *Sports not listed on the sports activity list can still be counted by selecting the sport that is most closely related to it.*

Appendix

WORLD FIT Sports and Activities

This list includes outside activities and sports that count toward WORLD FIT miles. Each day a child participates in their sport and/or activity they can include it when they log their walking miles on the website.

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

Suggested Letter to Parents

Dear XXX Middle Parents

XXXX Middle School is excited to announce our schools' participation in an Olympian-created fitness program called the World Fit Walk. It is designed to get our children outdoors once again and moving -- like we did at their age!

The World Fit Walk is a simple program that begins on (start date) - the day we return after Spring Break. Your child will walk on school grounds, 40 minutes a day, for six weeks ending on (end date). S/he will have the opportunity to earn World Fit and President's Council certificates and Olympic-style medals.

This six week Walk is well established in Middle Schools nation wide. It is the incredible success of the Walk to date that convinced me to join the action and get our students involved in this fitness challenge.

On the reverse side of this letter are the details of the Walk that will answer your questions. Please read them over and you'll agree this Olympian fitness project is an easy "Must Do" for XXXX Students.

The health and fitness of XXX Middle School students needs attention both during AND after school. Please notice as you read, how parents can be involved. I hope each family will embrace the World Fit Walk at home as we are embracing it here in school.

As always, the Faculty and Staff at XXXX Middle School appreciates the families of our students and we look forward to your interest and support for the World Fit Walk at our school.

Sincerely,

Suggested Letter to Parents (reverse side)

What is World Fit? World Fit is a non-profit organization that focuses on fitness and exercise in the lives of middle school students. Each school is assigned an Olympian or a Paralympian athlete to act as a mentor and role model. The Olympian will come to our school to deliver an inspirational speech to motivate the students. The World Fit mission is to mobilize these inspirational world athletes and leaders to create a culture of fitness for children worldwide that will overcome serious lifelong health consequences.

How does World Fit work? Each student that participates in World Fit tallies his/her physical activity on the website (www.worldfit.org). We compete with other schools in the area to see which school completes the most activity. The friendly competition and the Olympic spirit along with the support of you and our school make World Fit a winning combination.

Why are we doing this? The short answer: for the first time in decades, children are not expected to outlive their parents! Obesity rates have tripled since 1980 and studies show obese children between the ages of 10 and 13 have an 80% chance of becoming an obese adult. In addition, healthcare costs are rising because of obesity (\$147 billion annually). We need to break this cycle and help children get on the right path to lifelong fitness and health. Students tell us World Fit has helped them in class with mental clarity, some report weight loss, others have more energy and much more.

What's YOUR role? There are a few things that you can do as a parent to support your child's World Fit initiatives. You can walk with your child and help him/her earn "buddy miles". This is also a great way for you to spend time with your child and to also get some exercise in the process. By registering as a World Fit Buddy, you can log in your own miles for walking or sports and you can donate half of them to any student who is registered in the World Fit Walk. You get the benefit of the exercise and the student and school get the benefit of your miles! However, we hope you will consider walking with your child to show support of his/her participating in the World Fit Walk. With your support, we hope World Fit is the beginning of a lifelong commitment to health and wellness.

For more information, please visit the World Fit website at www.worldfit.org.

Appendix

World Fit Manual Log Book

WORLD FIT OATH

In the spirit of the Olympic games, I hereby agree to participate in the World Fit Walk. I will use the Honor system to report my daily logged campus miles walked and sport credit miles as accurately as I can. I agree to participate in the World Fit program and in sports and exercise to improve my health and without using any performance enhancing drugs.

Student

Date



**An Organization Supported by the
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