



BE FIT CHALLENGE GUIDELINES

- **Student Be Fit Fall Challenge** (October 27, 2025 – December 1, 2025)
- **School Be Fit Spring Challenge** (January 12, 2026 – February 13, 2026)

LOGGING

Teachers will need to collect and calculate the participants' logs at the end of each contest period for all grades and submit data by the designated due date.

Student Be Fit Challenge – FALL

- Log the TOP Kindergarten-5th grader total minutes read by **Friday, December 12, 2025**.

School Read Nation Challenge – SPRING

- Log the school's total of minutes read by **Friday, February 27, 2026**.

Teachers will submit the fall and spring challenge totals via our logging document. The form will be emailed to you at the end of each challenge period.

STUDENT WINNER

At the end of the Student Be Fit Challenge, the overall top Kindergarten –5th grade student who achieves the most logged activity will receive a grand prize!

Please note, there will be **ONLY ONE** overall winner for each grade and not for each school. Winners are determined by the total number of activity minutes over the challenge period.

For example, your **TOP** 1st grader will compete against other schools' **TOP** 1st graders to determine the **OVERALL** 1st grade winner out of the entries submitted.

SCHOOL WINNER

At the end of the School Be Fit Challenge, the **TOP 3 schools** with the highest activity minutes will win a grand prize! The schools will be ranked **First (1st), Second (2nd), and Third (3rd)** based off the total activity minutes submitted.

STUDENT PRIZES

All winners below will receive an **electronic smartwatch**.

- **Top Kindergartner OVERALL**
- **Top 1st Grader OVERALL**
- **Top 2nd Grader OVERALL**
- **Top 3rd Grader OVERALL**
- **Top 4th Grader OVERALL**
- **Top 5th Grader OVERALL**

SCHOOL PRIZES

• **Grand Prize School** – the school with the most activity minutes wins new PE equipment for their school and a Houston Rockets Field Day with surprise Houston Rockets guests!

• **Second (2nd) Place School** - wins a \$500 gift certificate.

• **Third (3rd) Place School** - wins a \$250 gift certificate.

At the end of the School Be Fit Challenge, an autographed item will be awarded to **ALL** participants of both challenge periods.

OCTOBER 2025

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21  6:30pm NBC	22	23	24  7:00pm	25
26	27  7:00pm	28	29  6:30pm	30	31	

NAME: _____ GRADE: _____ TOTAL # OF ACTIVITY MINUTES: _____

PARENT/TEACHER SIGNATURE: _____

NOVEMBER

2025

S	M	T	W	T	F	S
						1  7:00pm
2	3  7:00pm	4	5  7:00pm	6	7  6:30pm PRIME	8
9  2:30pm	10	11	12  7:00pm	13	14  7:00pm	15
16  6:00pm	17	18	19  6:00pm	20	21  8:30pm PRIME	22
23	24  8:30pm PCK	25	26  9:00pm ESPN	27	28	29
30  2:00pm						

NAME: _____ TOTAL # OF ACTIVITY MINUTES: _____

GRADE: _____

PARENT/TEACHER SIGNATURE: _____

DECEMBER

2025

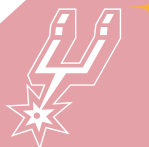
S	M	T	W	T	F	S
	1 STUDENT BE FIT CHALLENGE ENDS 8:00pm	2	3 SACRAMENTO KINGS 7:00pm	4	5 7:00pm	6 7:30pm
7	8	9 Trophy	10 Trophy	11	12 DEADLINE TO SUBMIT MINUTES	13 Trophy
14	15	16 Trophy	17	18 7:00pm	19	20 4:00pm
21 SACRAMENTO KINGS 9:00pm	22	23 10:00pm NBC	24	25 LOS ANGELES LAKERS 7:00pm ABC	26	27 7:00pm
28	29 7:00pm	30	31			

NAME: _____ TOTAL # OF ACTIVITY MINUTES: _____

GRADE: _____

PARENT/TEACHER SIGNATURE: _____

JANUARY 2026

S	M	T	W	T	F	S
				1  5:00pm	2	3  7:30pm
4	5  7:00pm	6	7  9:00pm	8	9  9:00pm	10
11  8:00pm	12 SCHOOL BE FIT CHALLENGE STARTS	13  7:00pm	14	15  6:30pm PRIME	16  8:30pm ESPN	17
18  6:00pm	19	20  7:00pm NBC	21	22  6:00pm	23  6:00pm PRIME	24
25	26  7:00pm	27	28  8:30pm ESPN	29  7:00pm	30	31  7:30pm ABC

NAME: _____ GRADE: _____ TOTAL # OF ACTIVITY MINUTES: _____

PARENT/TEACHER SIGNATURE: _____

FEBRUARY 2026

S	M	T	W	T	F	S
1	2  6:00pm PCK	3	4  7:00pm	5  7:00pm	6	7  2:30pm ABC
8	9	10  7:00pm	11  7:00pm	12	13 SCHOOL BE FIT CHALLENGE ENDS 	14 
15 	16	17	18	19  6:00pm	20	21  7:30pm ABC
22	23  8:30pm PCK	24	25  7:00pm	26  6:30pm PRIME	27 DEADLINE TO SUBMIT MINUTES	28  2:00pm PRIME

NAME: _____ GRADE: _____ TOTAL # OF ACTIVITY MINUTES: _____

PARENT/TEACHER SIGNATURE: _____