



Let's bring play  
to every kid,  
every school!



Playworks  
MOVathon

Playworks is a proud partner of The Detroit Lions



## HOW IT WORKS

The **Playworks MOVathon Challenge** increases physical activity and encourages healthy behaviors in children, while raising funds to support recess and play for low income schools. Each registered student will receive a free Movband®\*. The Movband®, worn on the student's wrist, will track all movement and convert those moves to miles. Students are encouraged to move as many miles as they can over three weeks between October 14—November 8. Once a week students will check their Movband® and record the number of miles on their pledge form. OR they can sync their Movbands and track their pledges free online. As an additional incentive, students can keep their Movband\* and win the Detroit Lions related prizes when they collect pledges from their friends and family to support Playworks.

## ATTENTION SCHOOL COORDINATORS AND TEACHERS!

### HERE ARE THE PROGRAM GUIDELINES:

1. Complete the school registration form, no later than September 25th. If your school is selected to participate we will contact you and you will receive student registration packets to be sent home with each child.
2. You will want to give students at least a week to turn in registration forms. Once student registration forms are returned, you will receive School MOVathon kit that will include MOVbands for each registered student, instructions, parent letter, and pledge forms for each student.
3. Don't forget to schedule your motivational assembly with Playworks!
4. Distribute materials and encourage participation.
5. If the MOVband® is lost, a replacement may be purchased directly from MOVable.com at <https://shop.movable.com/products-page/MOVband-accessories/MOVband> at the expense of the parent or school.
6. Have fun and encourage students to have fun!

### Remind students to:

1. Wear their MOVband® every day.
2. Keep track of their moves and pledges on the pledge form
3. Have fun and keep moving!

\*Students not raising at least \$30.00 will need to return their MOVband.