

MERIDIAN JUNIOR HIGH SCHOOL
STUDENT PEDOMETER LOG

As you may have heard, the Meridian School District is one of 76 sites in the country chosen as a recipient of the Carol M. White Physical Education Program Grant. The grant will provide resources to focus on physical activity, wellness, cardiovascular fitness, and the consumption of fruits and vegetables. Measures and statistical data will be required to be shared with the US Department of Education.

Part of that data includes the monitoring of the number of steps students take per day using pedometers. Each student will be asked to wear a pedometer for a specific period of time to track the number of steps they take.

All students at MJHS will participate in a 7 day pedometer log for this PEP grant - the Cardinal FTF (Flight to Fitness). Students will receive their pedometers on Monday during PE class. Students are to wear their pedometer starting Tuesday morning when they wake up and record their daily steps each night before they go to bed. During their PE time, students will report their steps, from the night before, to their PE teacher, in addition to keeping a 7 day log. **On Tuesday the following week, all pedometers and log sheets must be returned to the student's PE teacher.**

The information obtained in this research will be treated as confidential. Data obtained from this study will be used for a statistical or scientific purpose with the student's right or privacy upheld.

If you have any questions, please contact your child's PE Teacher or you may find more information and log sheets on our website: www.meridian223.org.

Mrs. Heather Alderks at halderks@mail.meridian223.org

Mr. Brent Hall at bhall@mail.meridian223.org

Mrs. Linda Kahle-Langston at lkahle-langston@mail.meridian223.org



LET'S GET STEPPING